

2012 Montana

School Health

Profiles



**The Status of School Health Policy
and Health Education Implementation
in Montana Schools**



**Health Enhancement and Safety Division
January 2013**



opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent



Montana School Health Profiles Report Background

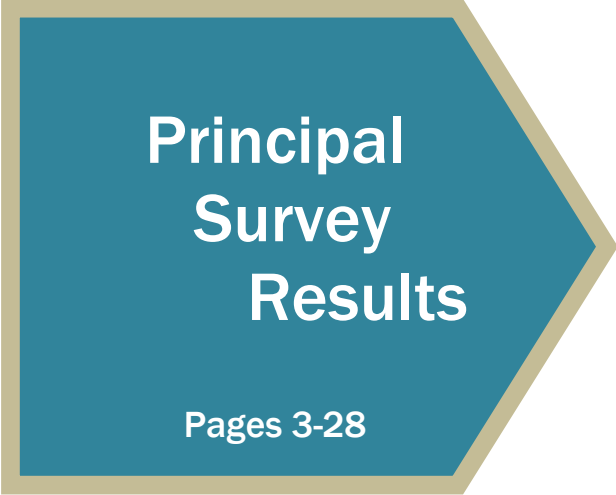
The School Health Profiles **(Profiles)** assists state and local education and health agencies in monitoring and assessing characteristics of school health education; physical education; school health policies related to HIV infection/AIDS, tobacco-use prevention, and nutrition; asthma management activities; and family and community involvement in school health programs. Data from the Profiles can be used to improve school health programs.

Two questionnaires were used to collect data – one for school principals and one for lead health education teachers. The two questionnaires were mailed to 291 secondary public schools containing any of grades 6 through 12 in Montana during spring 2012. One or both questionnaires were received from 97% of eligible sampled schools. Usable questionnaires were received from 92% of principals and from 83% of teachers. Because the response rates for these surveys were greater than or equal to 70%, the results are weighted and are representative of all public secondary schools in Montana having at least one of grades 6 through 12. More results, including trend data, from the principal and lead health educator surveys are available online at www.opi.mt.gov/shp.

The Profiles questionnaires were developed by the Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention in collaboration with representatives of state, local, and territorial departments of health and education.



Principal Survey Results – pages 3-28
Health Educator (Teacher) Survey Results – pages 29-48



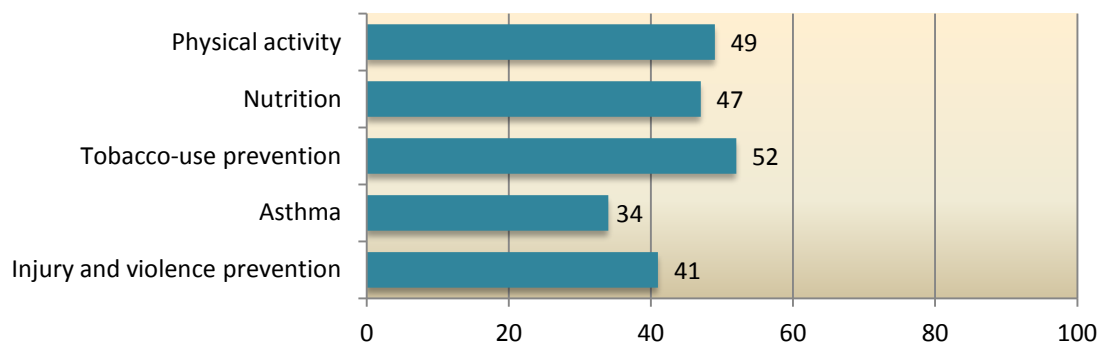
Principal Survey Results

Pages 3-28

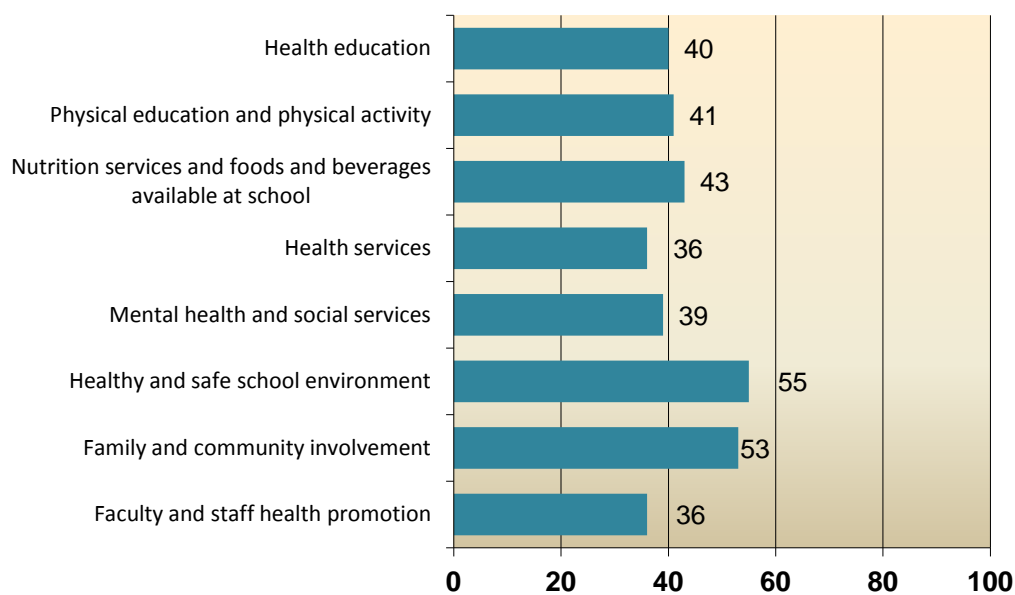
Principal Survey Results

SCHOOL HEALTH COORDINATION

The percentage of schools that ever used the School Health Index or other self-assessment tool to assess school policies, activities, and programs in the following areas:



The percentage of schools with a School Improvement Plan that includes health-related goals and objectives on the following topics:



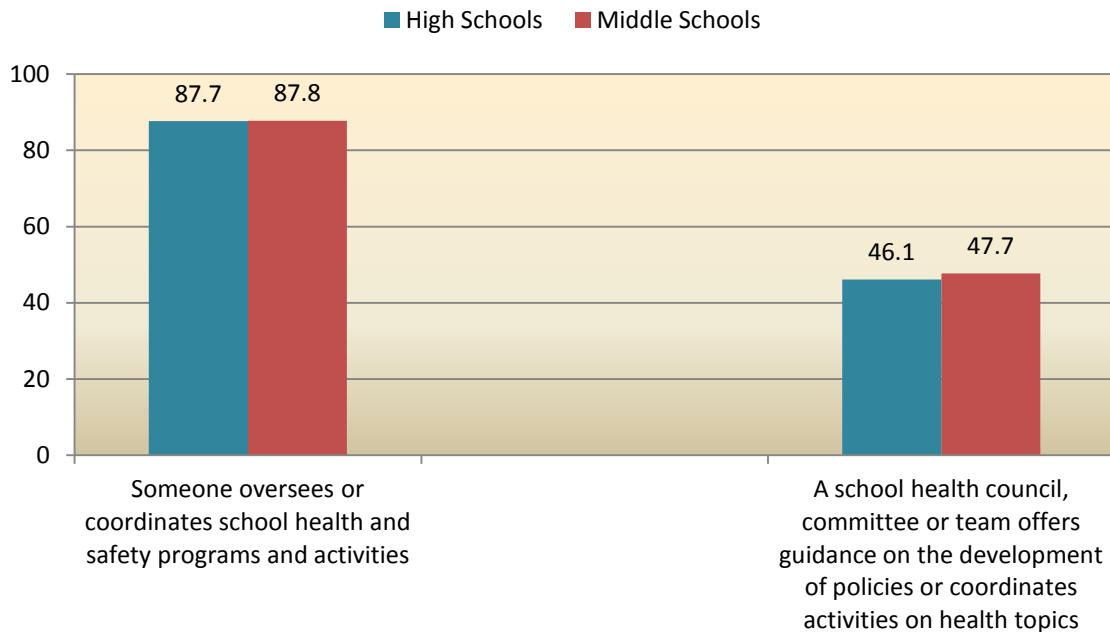
Seventy-six percent of schools reviewed health and safety data as part of the school's improvement planning process.

Principal Survey Results

SCHOOL HEALTH COORDINATION

- **Eighty-eight** percent of schools currently have someone who oversees or coordinates school health and safety programs and activities.
- **Forty-seven** percent of schools have one or more than one group (e.g., a school health council, committee, or team) that offers guidance on the development of policies or coordinates activities on health topics.

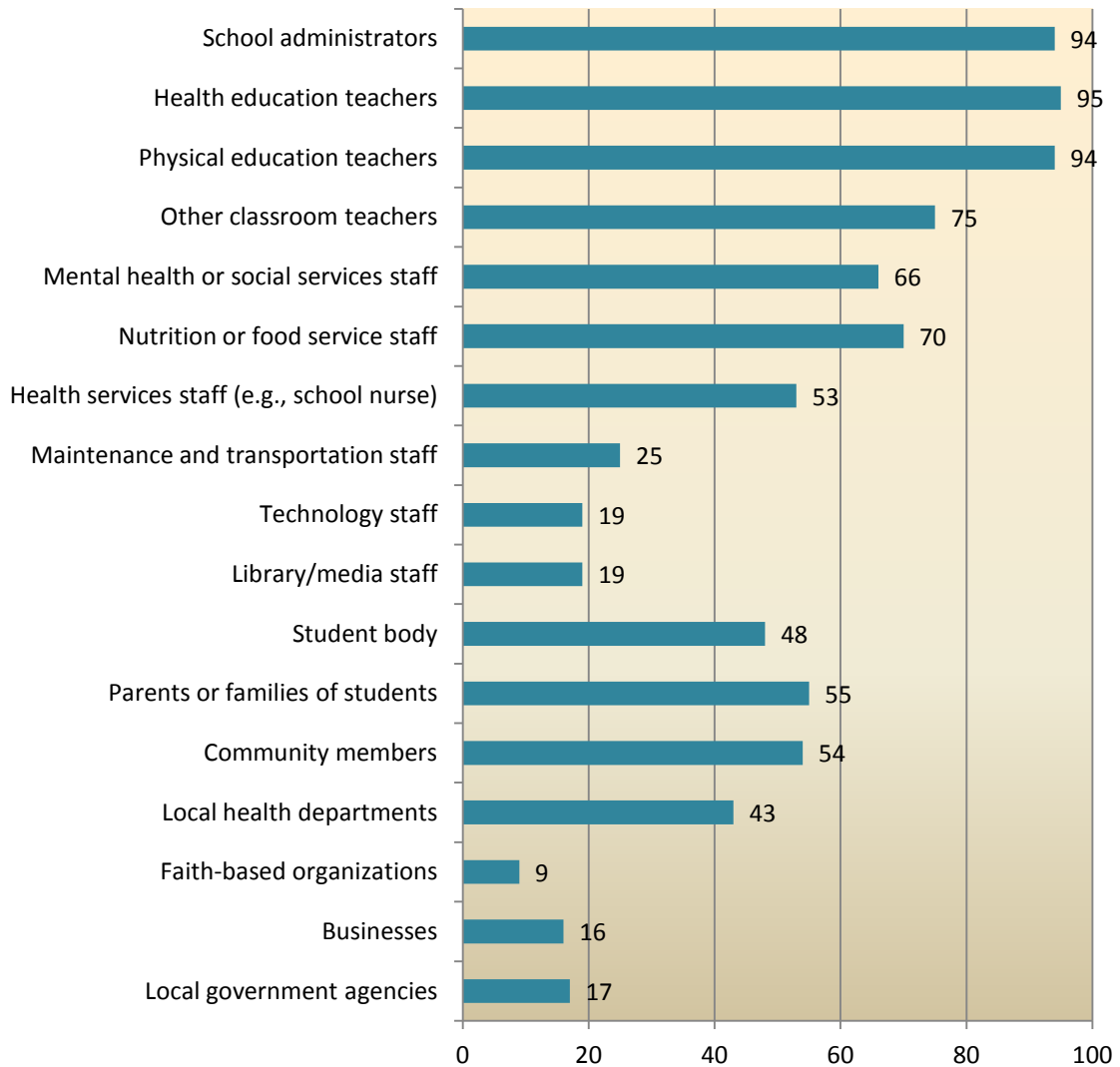
Percent of schools that currently have the following:



Principal Survey Results

SCHOOL HEALTH COORDINATION

Among schools that have a policy guiding group, the percentage of schools that have the following groups represented on any school health council, committee, or team:



Principal Survey Results

SCHOOL HEALTH COORDINATION

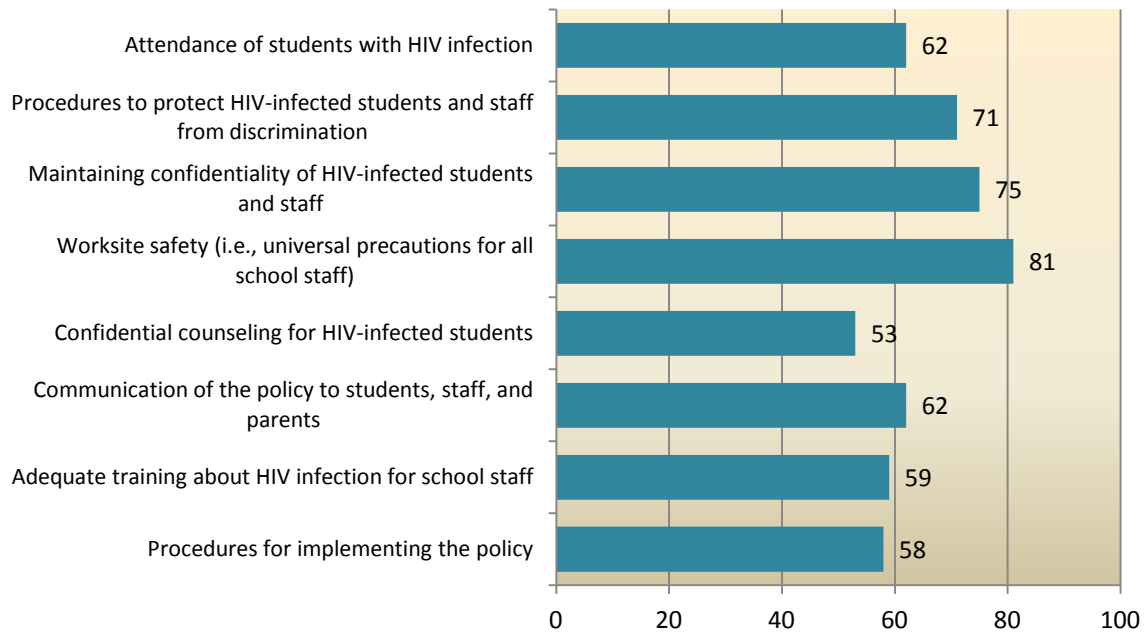
Percentage of schools that have a school health council, committee, or team that did the following activities during the past year:

	High Schools	Middle Schools	All Schools
Identified student health needs based on a review of relevant data	55.1	56.7	55.9
Recommended new or revised health and safety policies and activities to school administrators or the school improvement team	65.9	68.6	67.2
Sought funding or leveraged resources to support health and safety priorities for students and staff	53.3	54.4	53.8
Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent-teacher groups, or community members	72.2	78.1	75.0
Reviewed health-related curricula or instructional materials	78.4	72.9	75.8

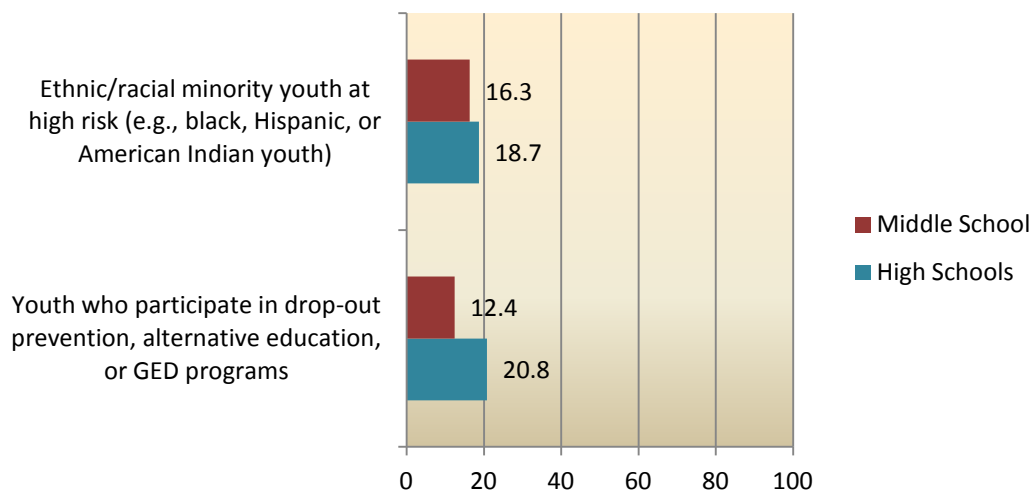
Principal Survey Results

HIV/AIDS Policy

The percentage of schools that have adopted a policy that addresses the following areas:



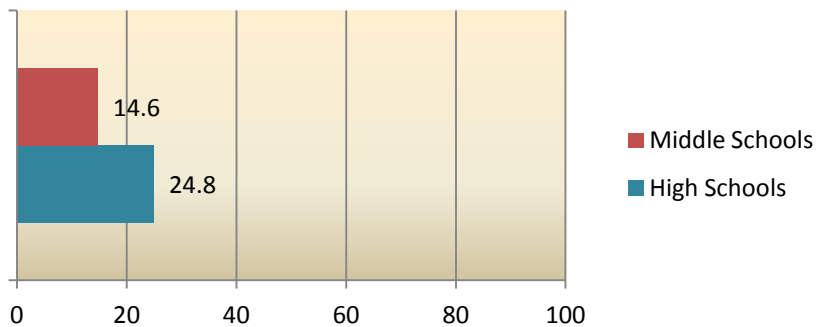
The percentage of schools that require any school staff to receive professional development on HIV, STD, or pregnancy prevention issues and resources for the following groups:



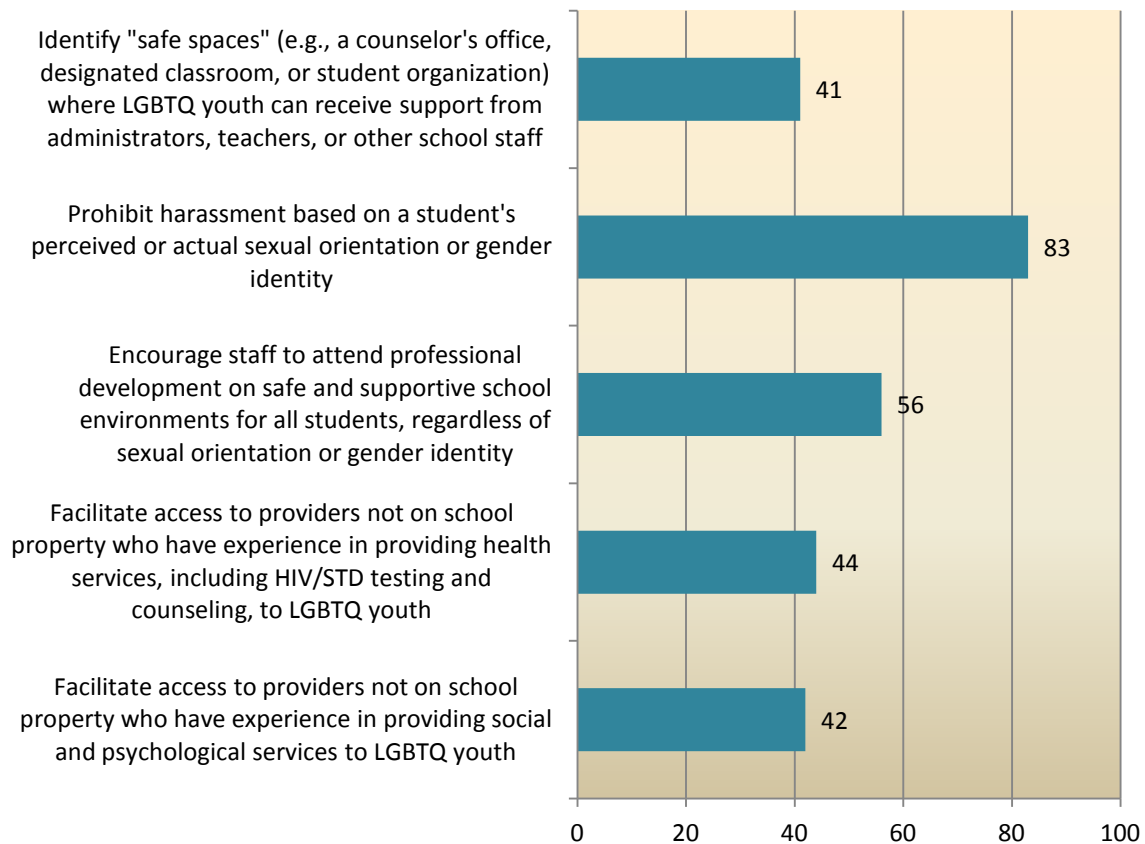
Principal Survey Results

STUDENT CLUBS/SAFE ENVIRONMENT/LGBTQ YOUTH

Percentage of schools that have a student-level club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity:



Percentage of schools that engage in the following practices related to LGBTQ* youth:

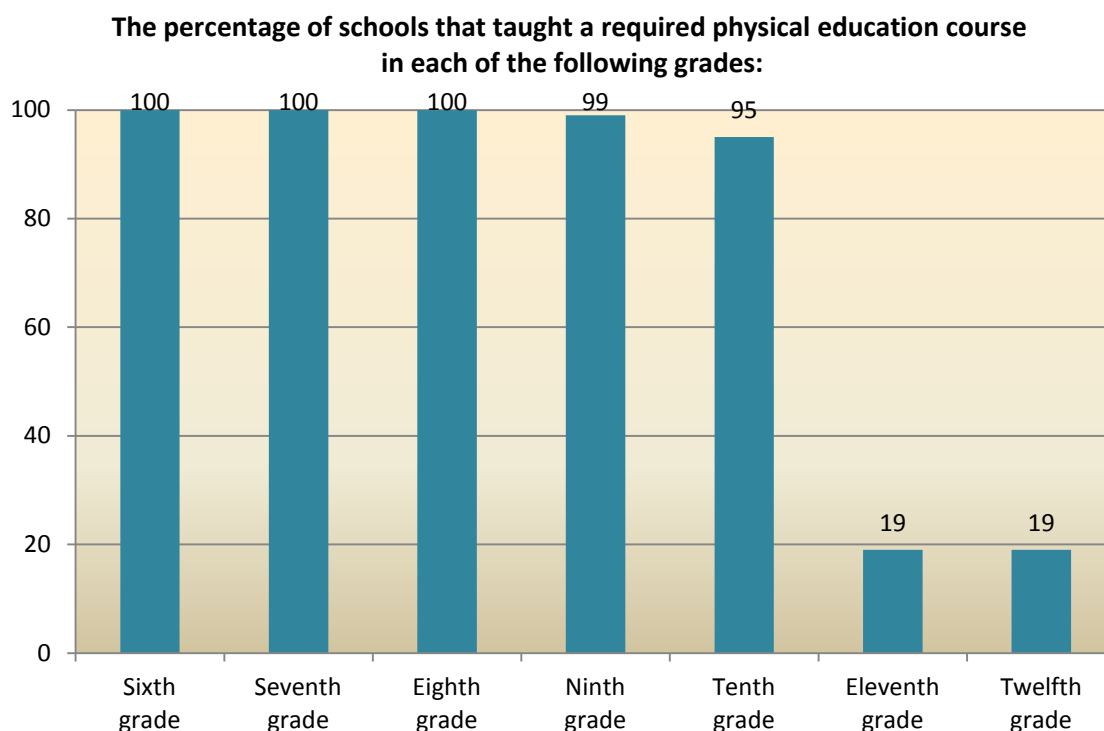


*Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ)

Principal Survey Results

PHYSICAL EDUCATION/PHYSICAL ACTIVITY/FACILITIES USE

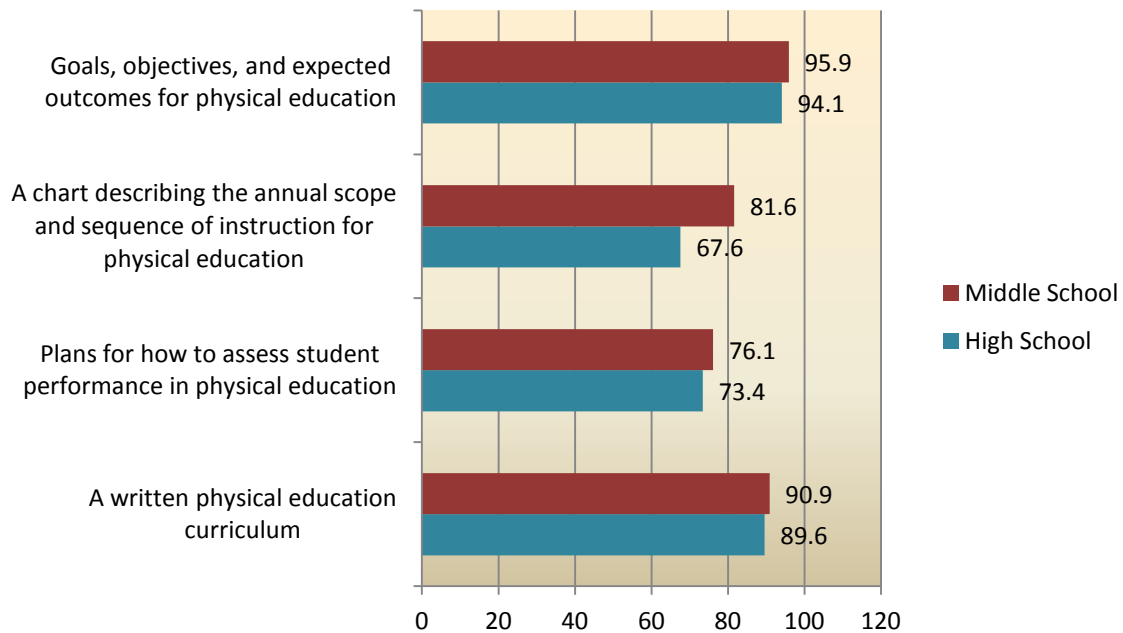
- **One hundred** percent of high schools and middle schools require physical education for students in any of grades 6 through 12.
- **Eighty-four** percent of high schools and **90** percent of middle schools had physical education teachers or specialists receive professional development on physical education during the past two years.
- **Thirty** percent of high schools and 48 percent of middle schools have physical activity breaks in classrooms during the school day outside of physical education.
- Intramural sports programs or physical activity clubs are offered by **48** percent of high schools and **60** percent of middle schools.
- Interscholastic sports are offered to students by **96** percent of high schools and **91** percent of middle schools.
- **Fifty** percent of high schools and **59** percent of middle schools have a joint use agreement for shared use of school or community physical activity facilities.



Principal Survey Results

PHYSICAL EDUCATION/PHYSICAL ACTIVITY/FACILITIES USE

Percentage of schools in which those who teach physical education are provided with the following materials:

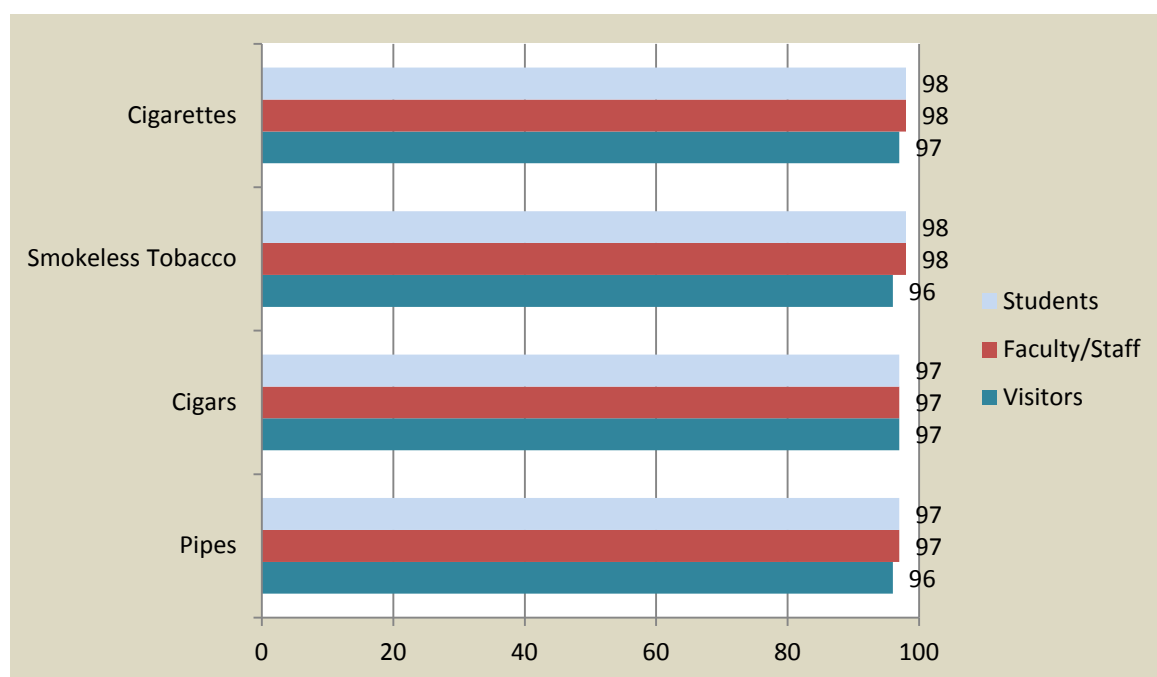


Principal Survey Results

TOBACCO USE PREVENTION

- **Ninety-nine** percent of Montana schools have adopted a policy prohibiting tobacco use.
- **Sixty-one** percent of schools follow a policy that mandates a “tobacco-free environment.” A “tobacco-free environment” is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week.
- **Ninety-three** percent of schools post signs marking a tobacco-free school zone; that is, a specific distance from school grounds where tobacco use is not allowed.

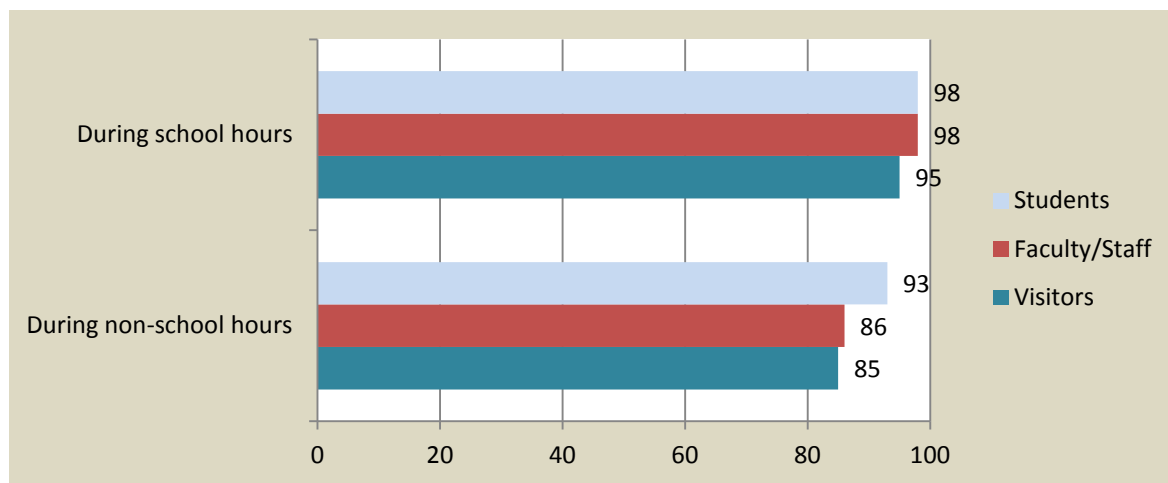
Percentage of schools that have a tobacco-use prevention policy that specifically prohibits the use of each type of tobacco during any school-related activity (by group):



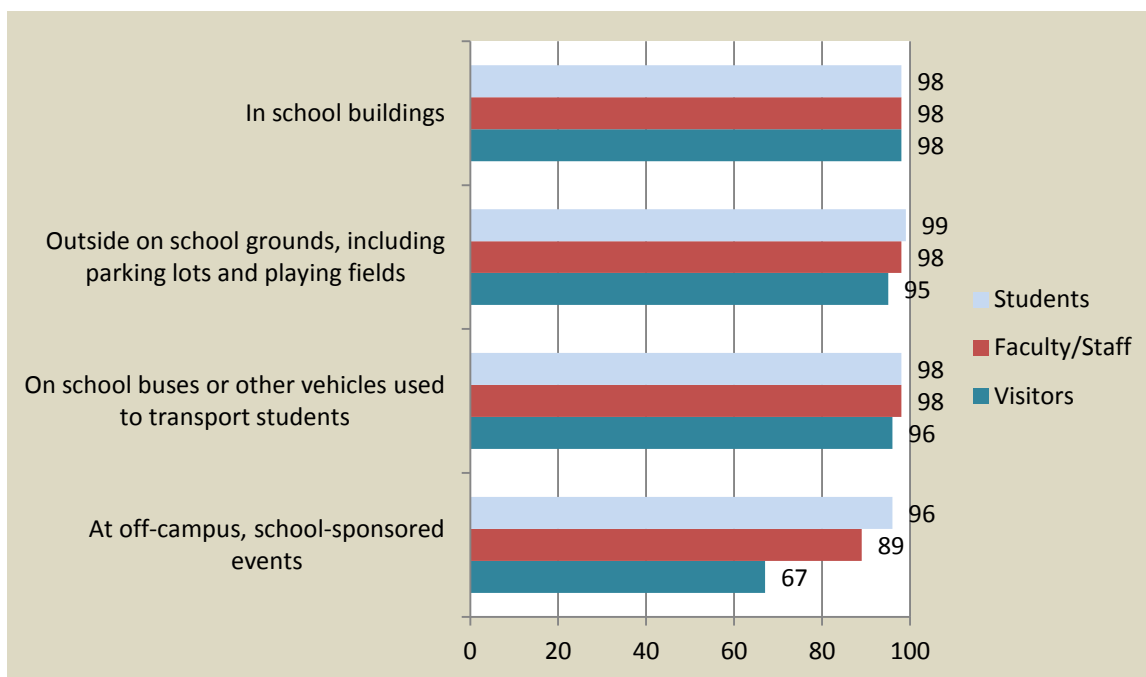
Principal Survey Results

TOBACCO USE PREVENTION

The percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use during each of the following times (by group):



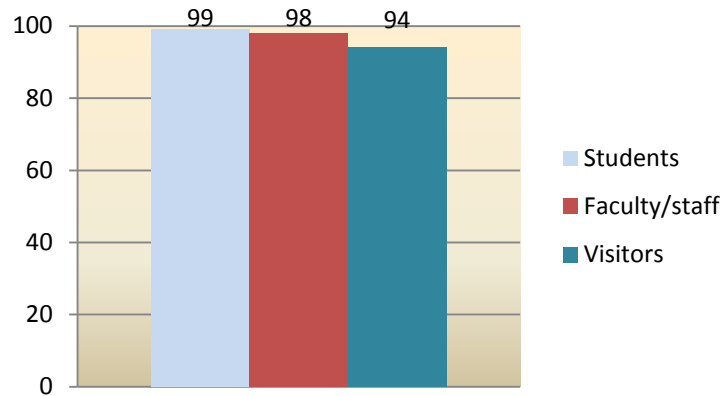
The percentage of schools that have a tobacco-use prevention policy that specifically prohibits tobacco use in each of the following locations (by group):



Principal Survey Results

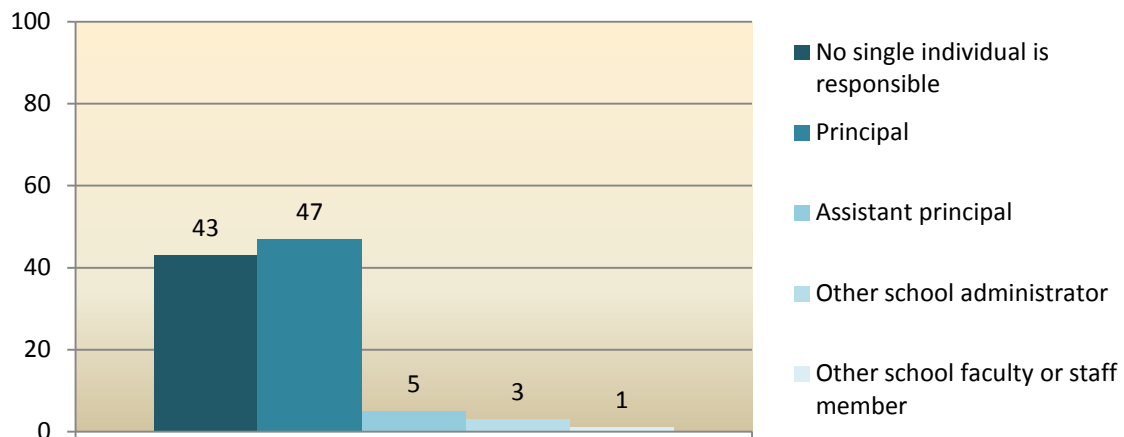
TOBACCO USE PREVENTION

The percentage of schools that have procedures to inform each of the following groups about the tobacco-use prevention policy that prohibits their use of tobacco:



Ninety-eight percent of schools have a tobacco-use prevention policy that includes guidelines on what actions the school should take when students are caught smoking cigarettes.

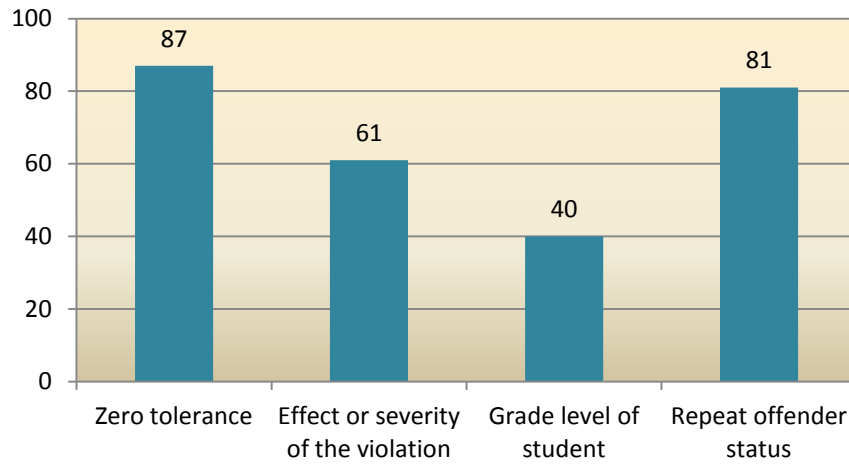
The percentage of schools in which the following person is responsible for enforcing the tobacco-use prevention policy:



Principal Survey Results

TOBACCO USE PREVENTION

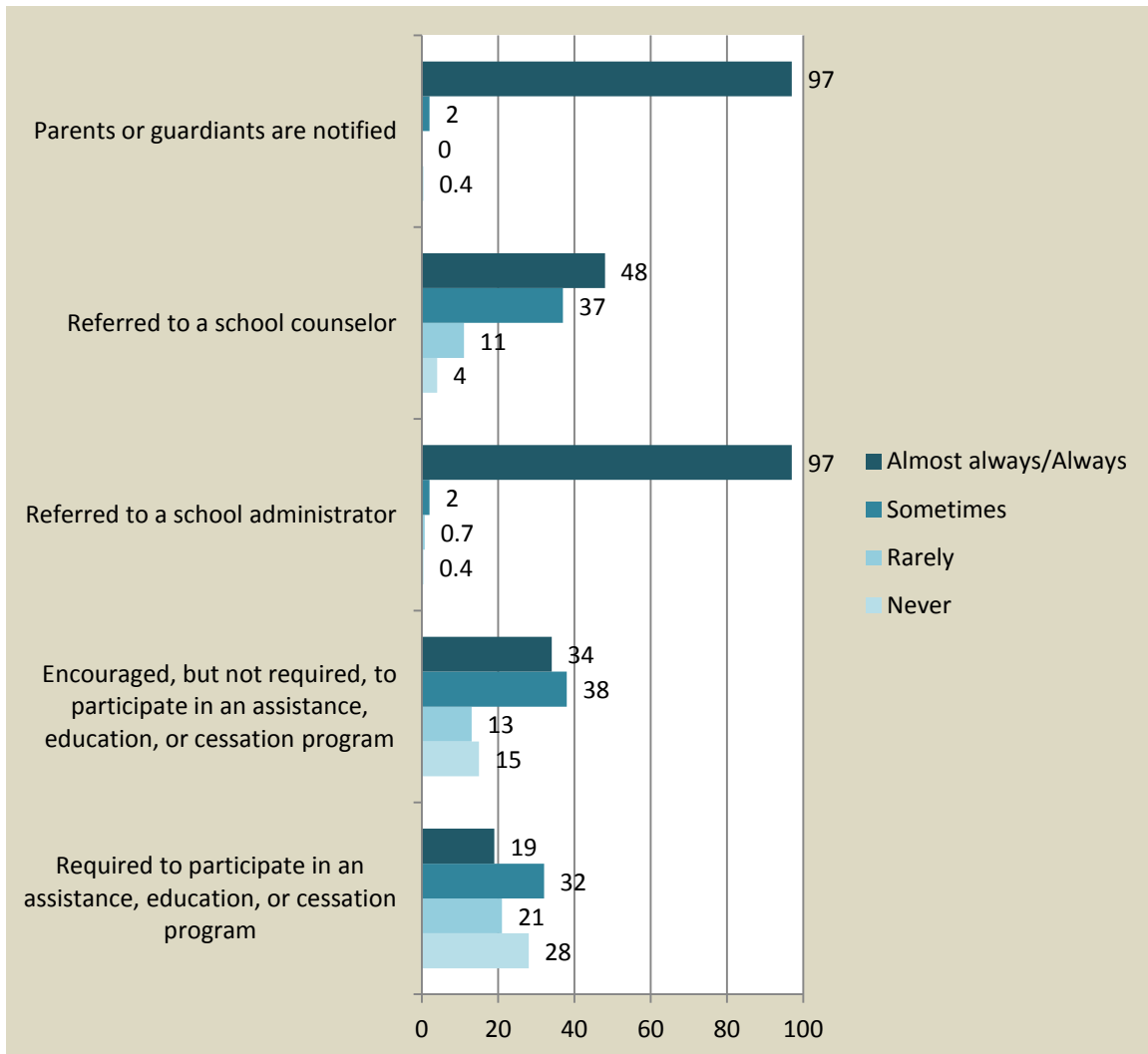
The percentage of schools in which the following criteria help determine what actions are taken when students are caught smoking cigarettes:



Principal Survey Results

TOBACCO USE PREVENTION

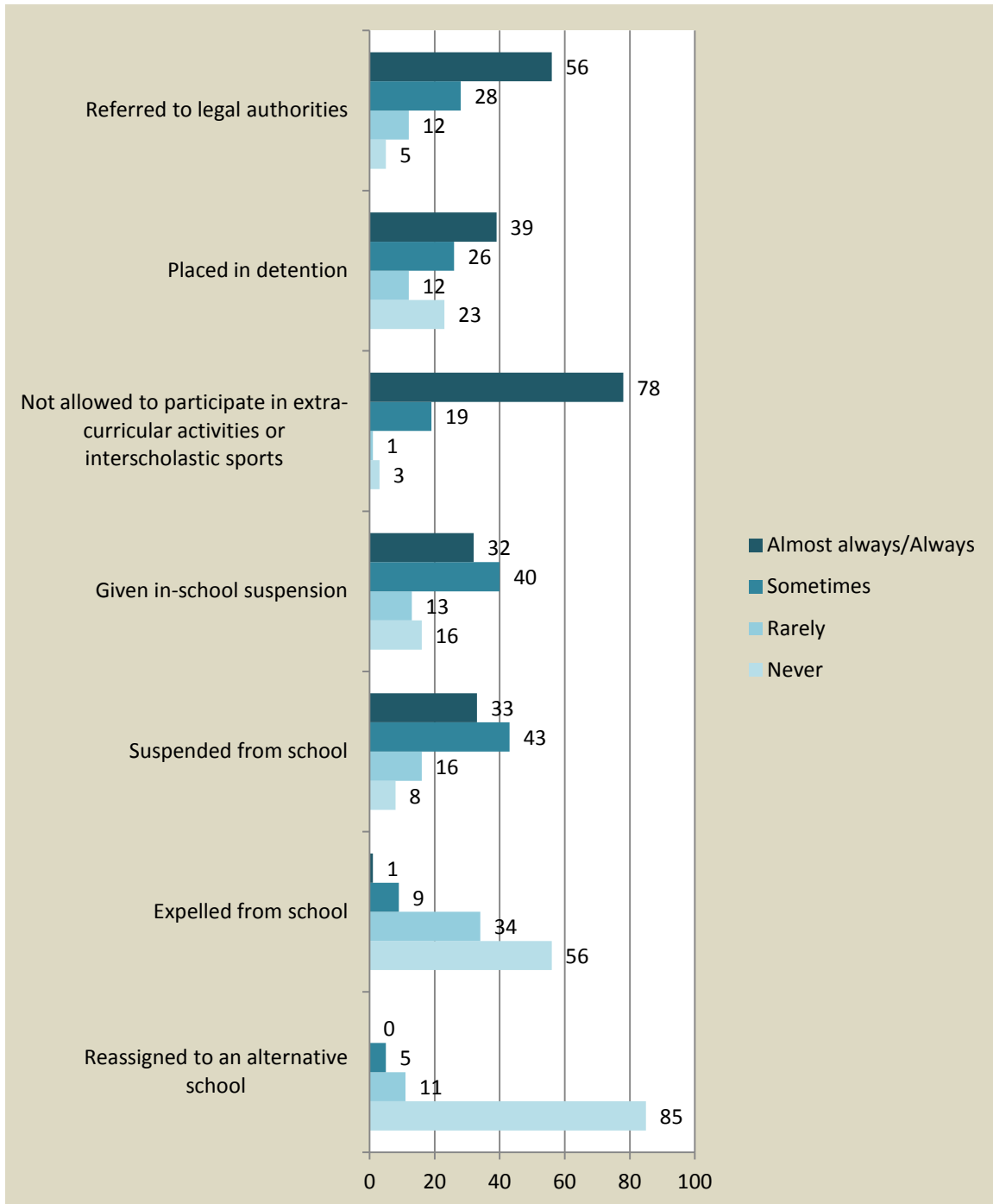
The percentage of schools that take the following actions when students are caught smoking cigarettes:



Principal Survey Results

TOBACCO USE PREVENTION

The percentage of schools that take the following actions when students are caught smoking cigarettes:



Principal Survey Results

TOBACCO-CESSATION SERVICES

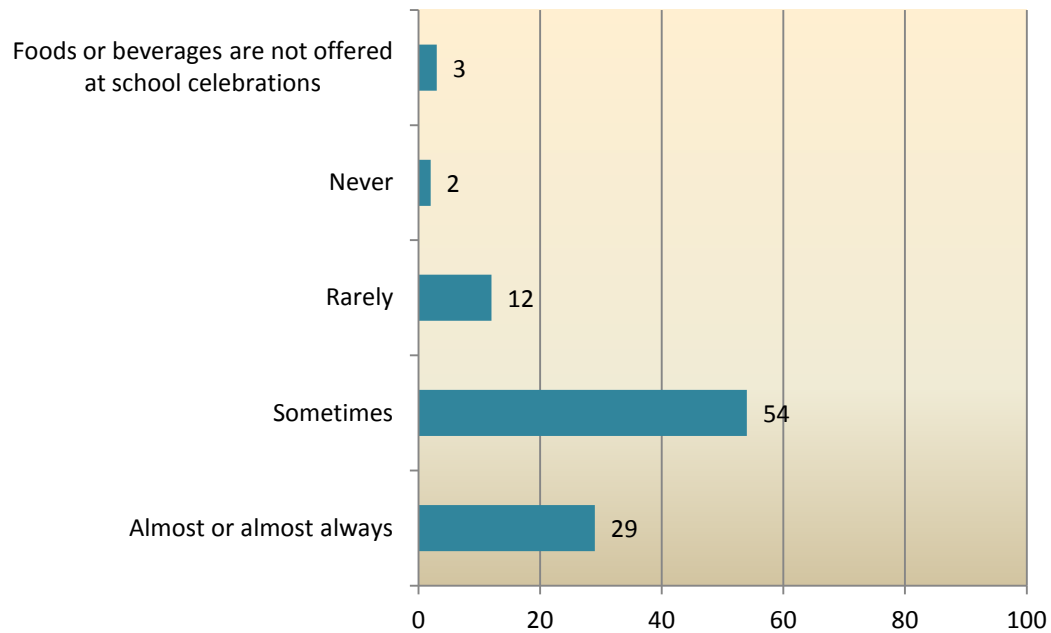
- **Eleven** percent of schools provide tobacco cessation services to faculty and staff.
- **Twenty-seven** percent of schools provide tobacco cessation services to students.
- **Twenty-two** percent of schools have arrangements with organizations or health care professionals not on school property to provide tobacco cessation services to faculty and staff.
- **Thirty-six** percent of schools have arrangements with organizations or health care professionals not on school property to provide tobacco cessation services to students.



Principal Survey Results

NUTRITION AND VENDING MACHINES

The percentage of schools that never, rarely, sometimes, or always or almost always offer fruits or non-fried vegetables at school celebrations when foods or beverages are offered:



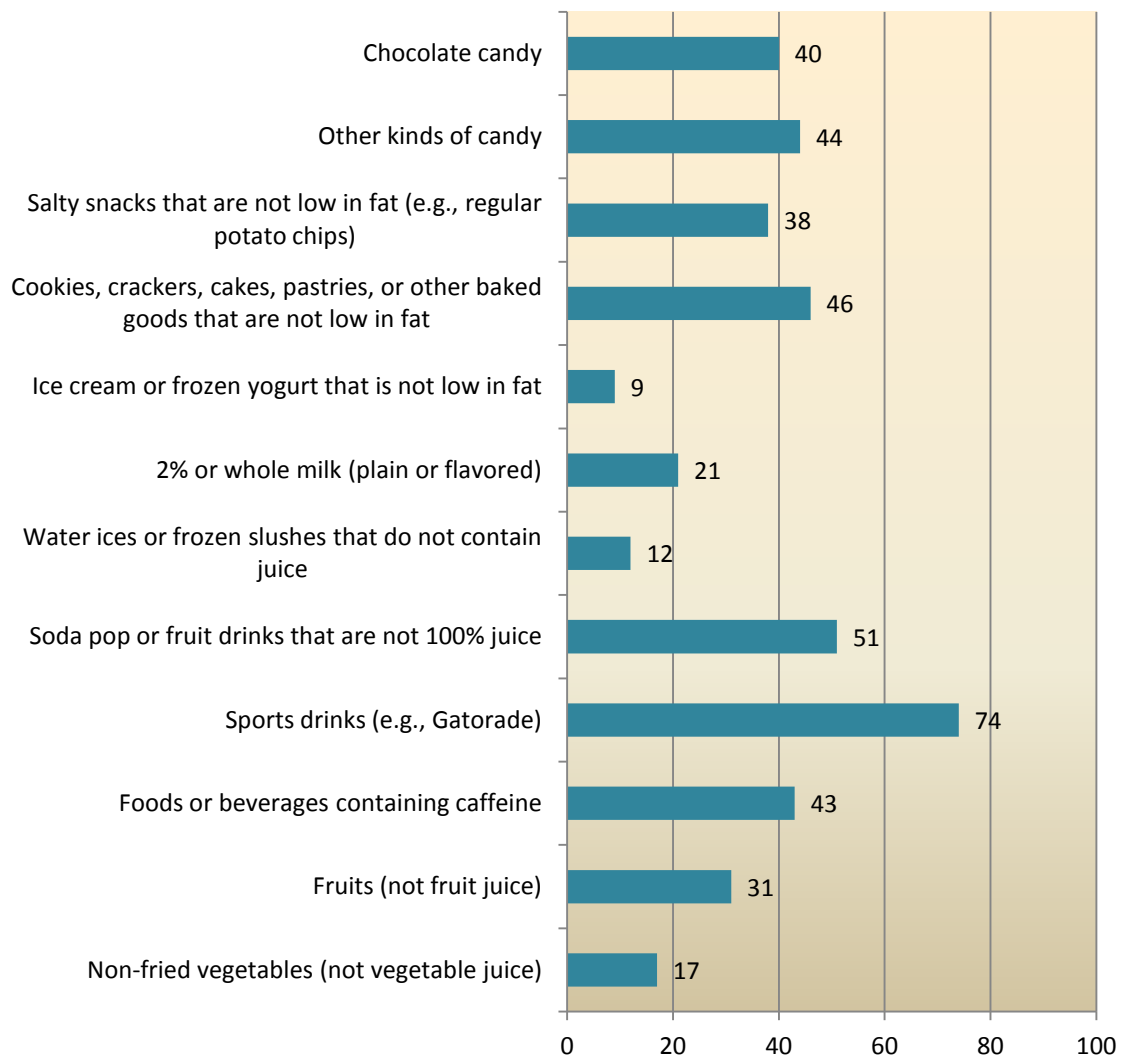
Eighty-two percent of schools allow students to purchase snack foods or beverages from one or more vending machines at the school or at a school store, canteen, or snack bar.



Principal Survey Results

NUTRITION AND VENDING MACHINES

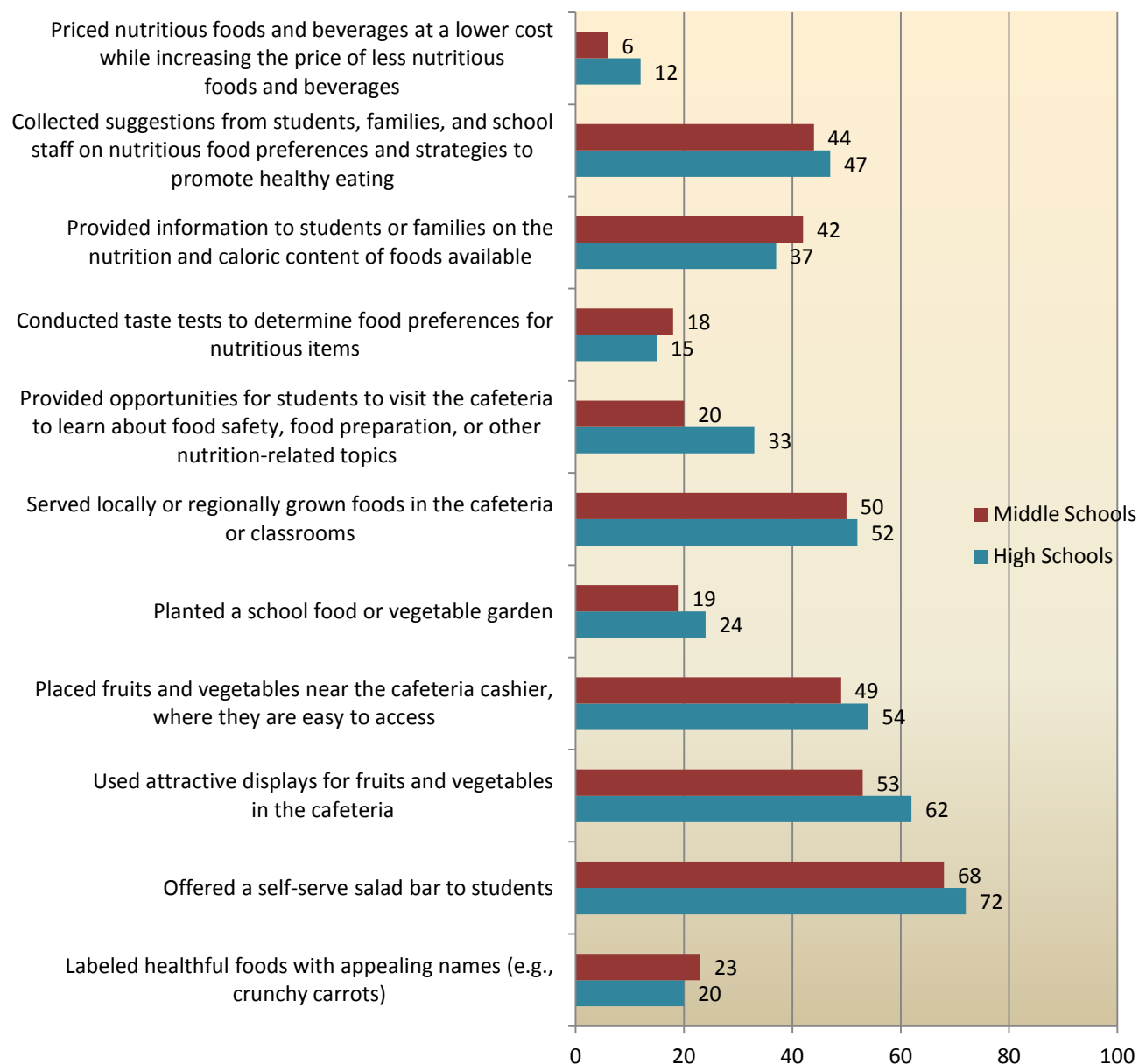
The percentage of schools in which students can purchase the following snack foods or beverages from vending machines or at the school store, canteen, or snack bar:



Principal Survey Results

NUTRITION AND VENDING MACHINES

The percentage of schools that have done any of the following activities during this school year:

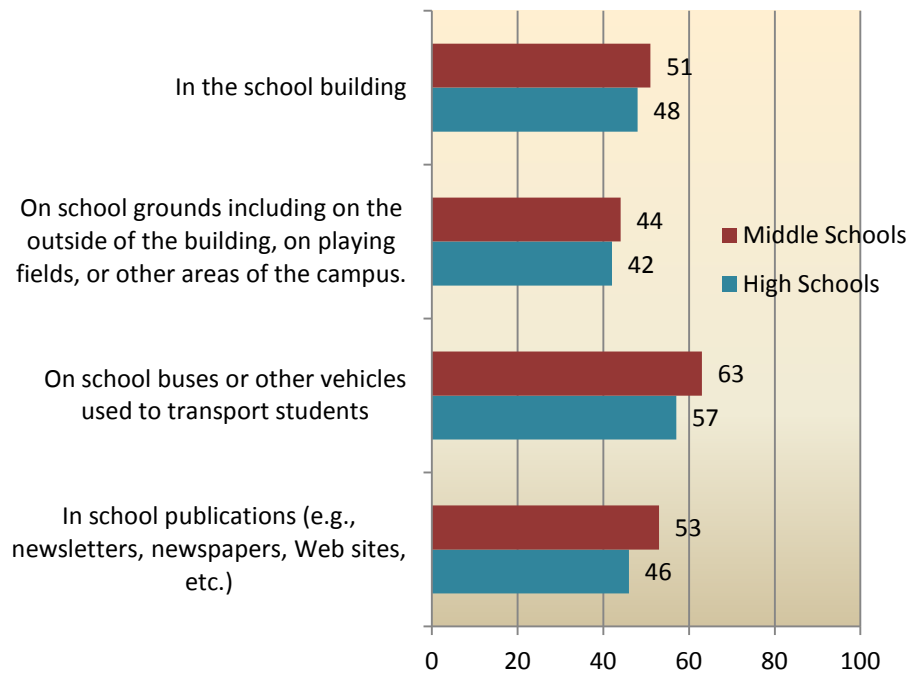



Less than **three** percent of schools promote candy, meals from fast food restaurants, or soft drinks through the distribution of products, such as T-shirts, hats, and book covers to students.

Principal Survey Results

NUTRITION AND VENDING MACHINES

The percentage of schools that prohibit advertisements for candy, fast food restaurants, or soft drinks in the following locations:



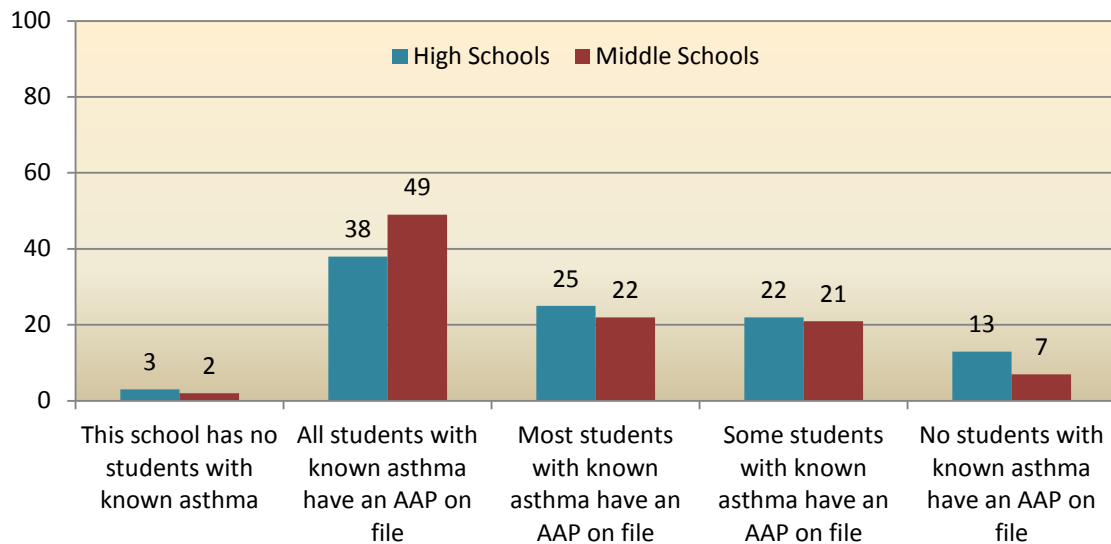
Percentage of schools the permit students to have a drinking water bottle with them during the school day:			
	High Schools	Middle Schools	
Yes, in all locations	64.7	62.6	
Yes, in certain locations	33.7	35.1	
No	1.5	2.3	
Percentage of schools that offer a free source of drinking water in the cafeteria during meal times.			
	High Schools	Middle Schools	
	92.6	92.2	

Principal Survey Results

HEALTH SERVICES AND ASTHMA

Fifteen percent of schools have a full-time registered nurse who provides health services to students.

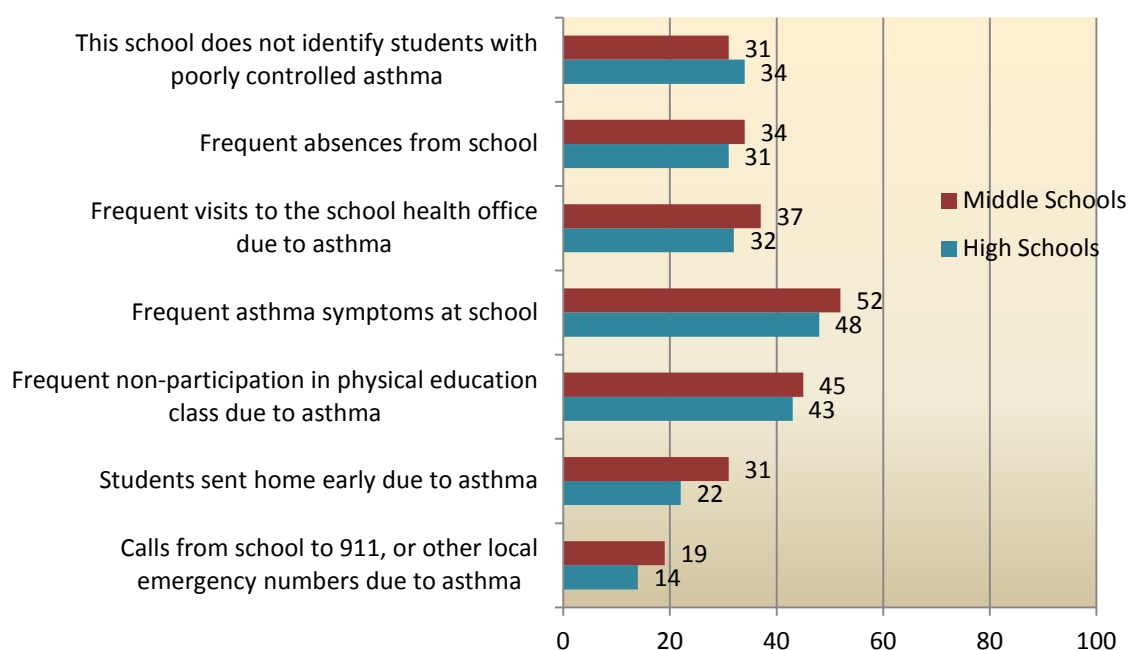
The percentage of schools that have an asthma action plan (AAP) on file for all, most, some, or no students with known asthma:



Principal Survey Results

HEALTH SERVICES AND ASTHMA

The percentage of schools that use the following events to identify students with poorly controlled asthma:



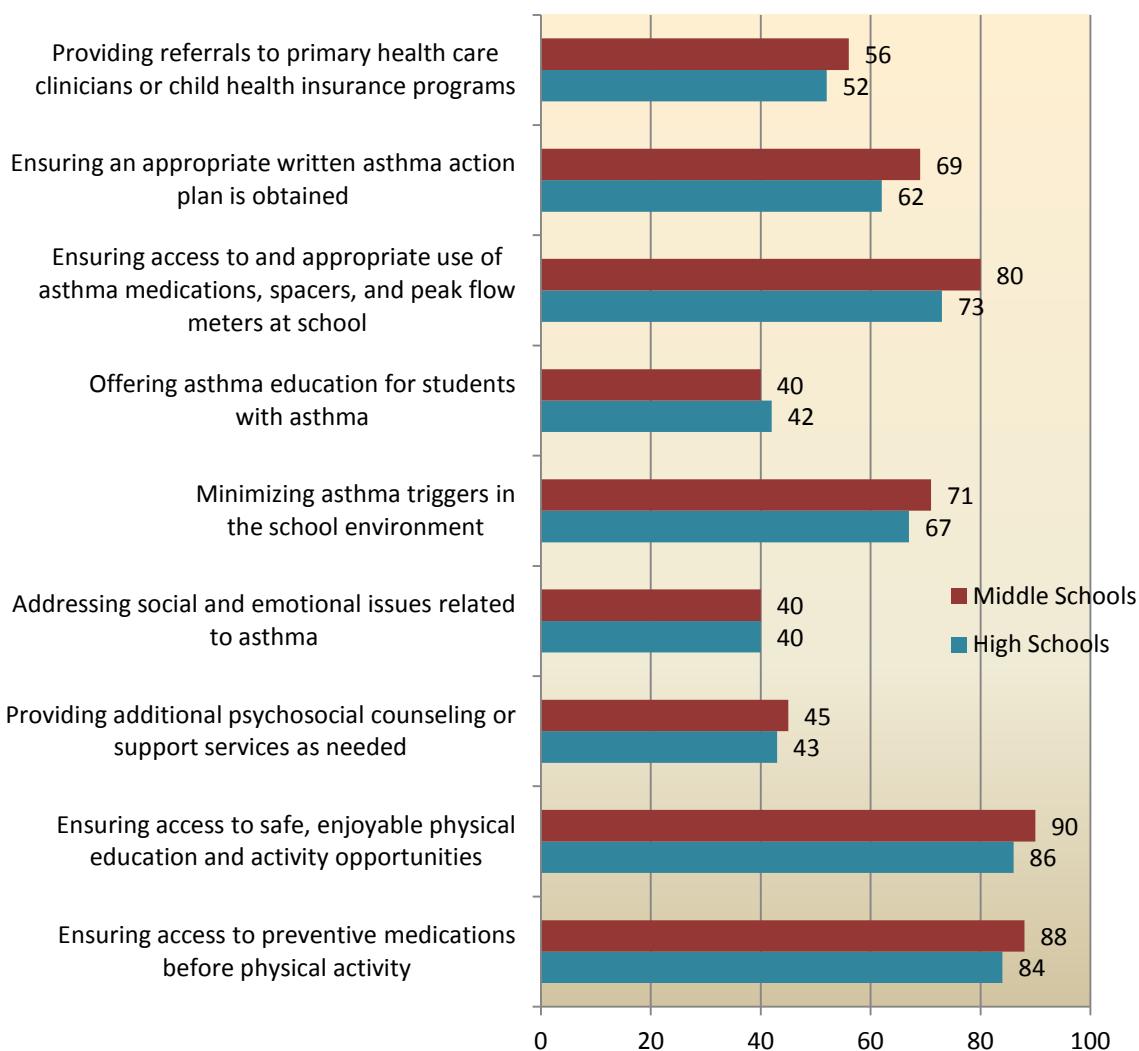
Percentage of schools in which school staff members are required to receive training on recognizing and responding to severe asthma symptoms more than once per year, once per year, or less than once per year:

	High Schools	Middle Schools
More than once per year	0.7	1.6
Once per year	15.9	16.4
Less than once per year	23.2	21.3
No such requirement	60.2	60.7

Principal Survey Results

HEALTH SERVICES AND ASTHMA

Percentage of schools that provide each of the following services for students with poorly controlled asthma:

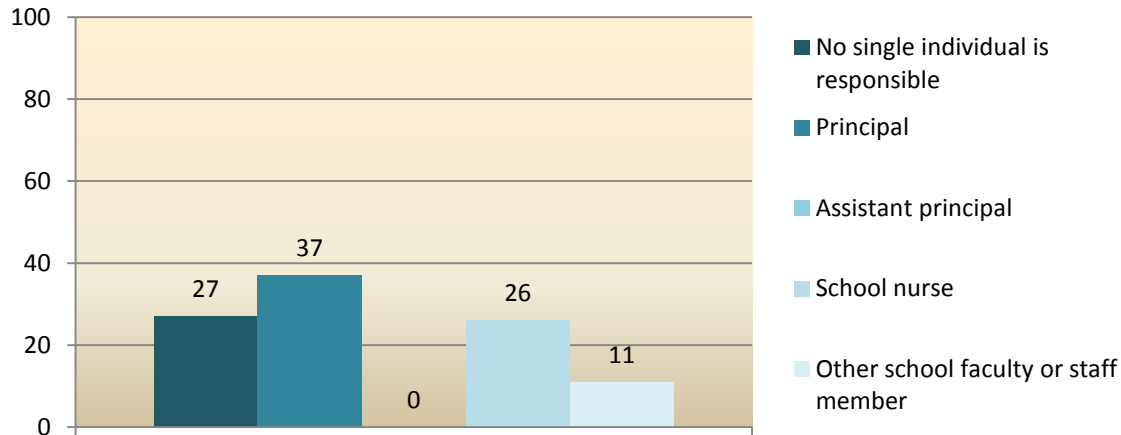


Seventy-nine percent of high schools and 74 percent of middle schools have adopted a policy stating that students are permitted to carry and self-administer asthma medications.

Principal Survey Results

HEALTH SERVICES AND ASTHMA

Percentage of schools that have the following person responsible for implementing the policy permitting students to carry and self-administer asthma medications:

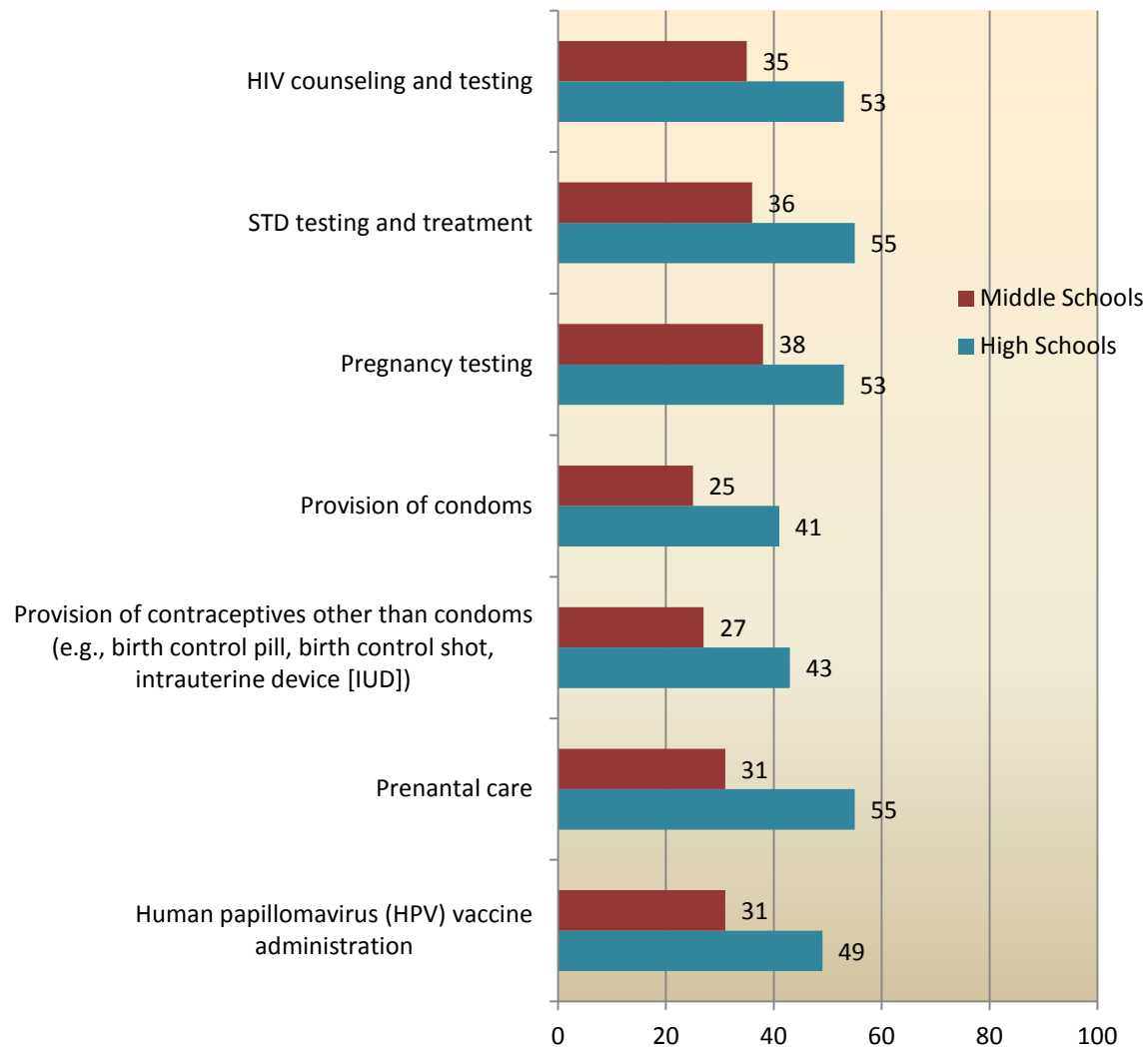


Percentage of schools that provide the following services to students:		
	High Schools	Middle Schools
HIV counseling and testing	6.9	4.1
STD testing and treatment	2.3	3.1
Pregnancy testing	4.4	3.1
Provision of contraceptives other than condoms (e.g., birth control pill, birth control shot, intrauterine device [IUD])	2.2	2.4
Prenatal care	5.7	1.5
Human papillomavirus (HPV) vaccine administration	7.2	4.1

Principal Survey Results

HEALTH SERVICES AND ASTHMA

Percentage of schools that provide students with referrals to any organizations or health care professions not on school property for the following services:



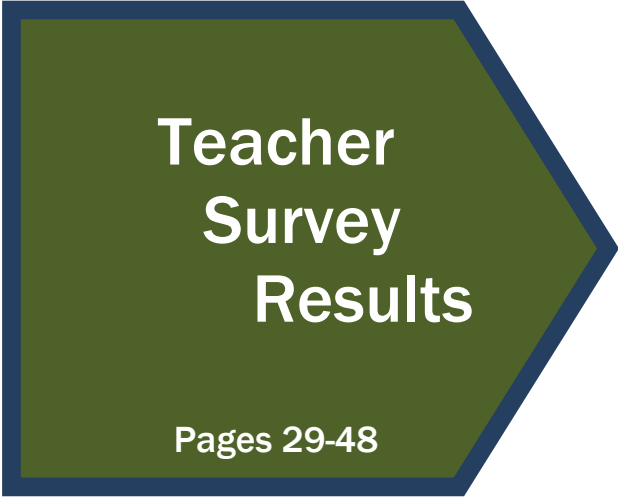
Principal Survey Results

HEALTH SERVICES AND ASTHMA

During the past two years:

- Students' families helped develop or implement policies and programs related to HIV, STD, or teen pregnancy prevention in **nine** percent of high schools and **seven** percent of middle schools.
- Community members helped develop or implement policies and programs related to HIV, STD or teen pregnancy prevention in **11** percent of high schools and **eight** percent of middle schools.





Teacher Survey Results

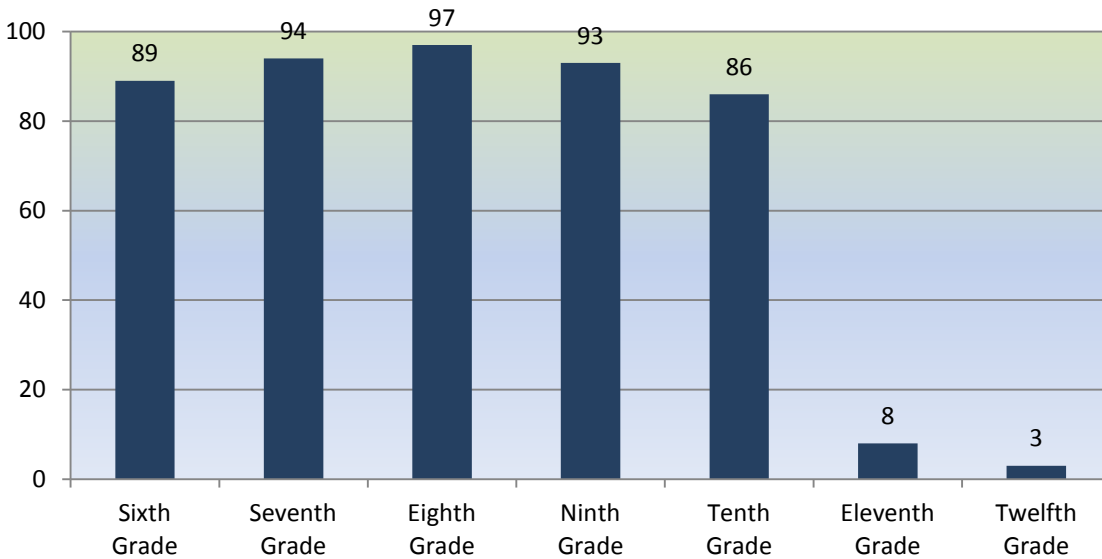
Pages 29-48

Teacher Survey Results

HEALTH REQUIREMENTS/CURRICULUM

- **Ninety** percent of high schools require students to take two or more health education courses.
- **Ninety** percent of middle schools require students to take two or more health education courses.

The percentage of schools with a required health education course in the following grades:



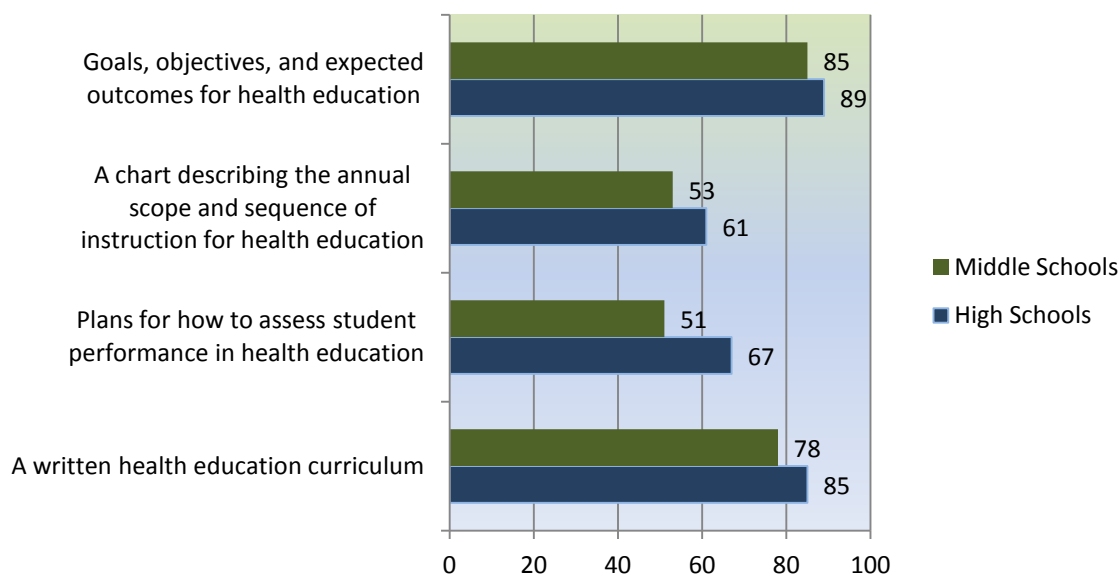
Upon failing a required health education course, **90** percent of high schools and **32** percent of middle schools required students to repeat the course.



Teacher Survey Results

HEALTH REQUIREMENTS/CURRICULUM

The percentage of schools in which the health education teacher is provided with the following materials:



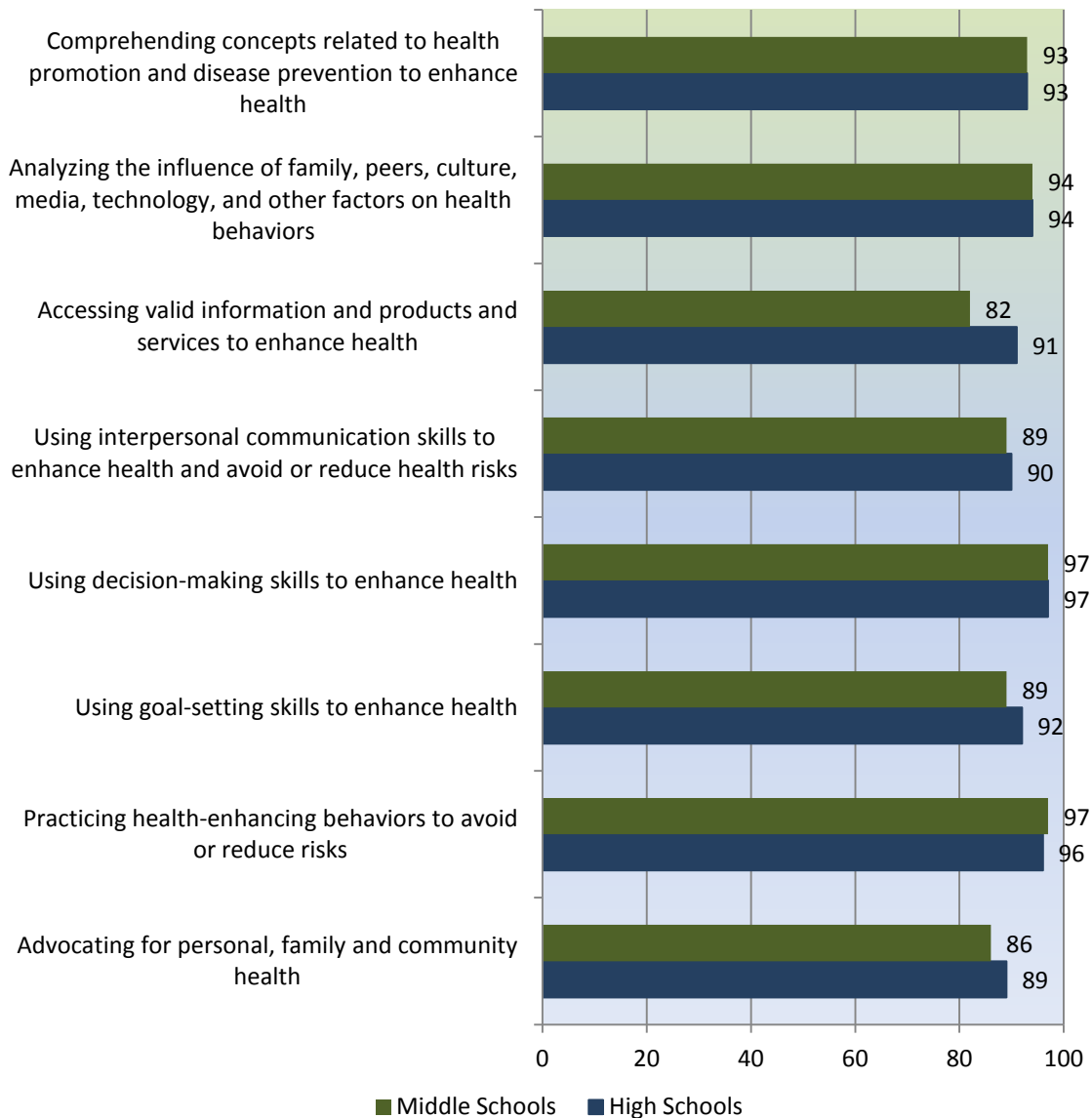
Ninety-eight percent of high schools and 97 percent of middle schools require health education instruction for students in grades 6 through 12.



Teacher Survey Results

HEALTH REQUIREMENTS/CURRICULUM

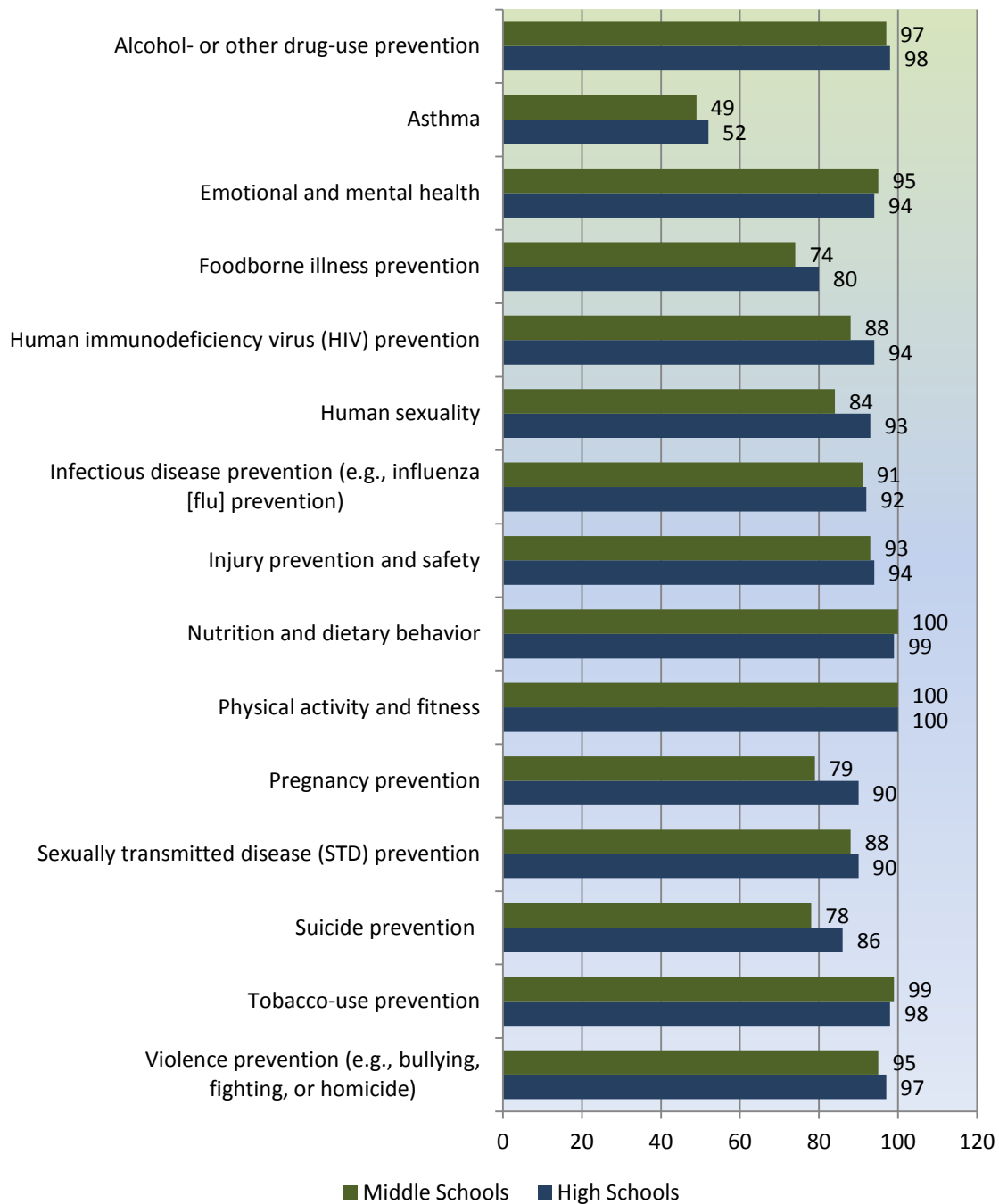
The percentage of schools in which the health education curriculum addresses each of the following skills:



Teacher Survey Results

HEALTH REQUIREMENTS/CURRICULUM

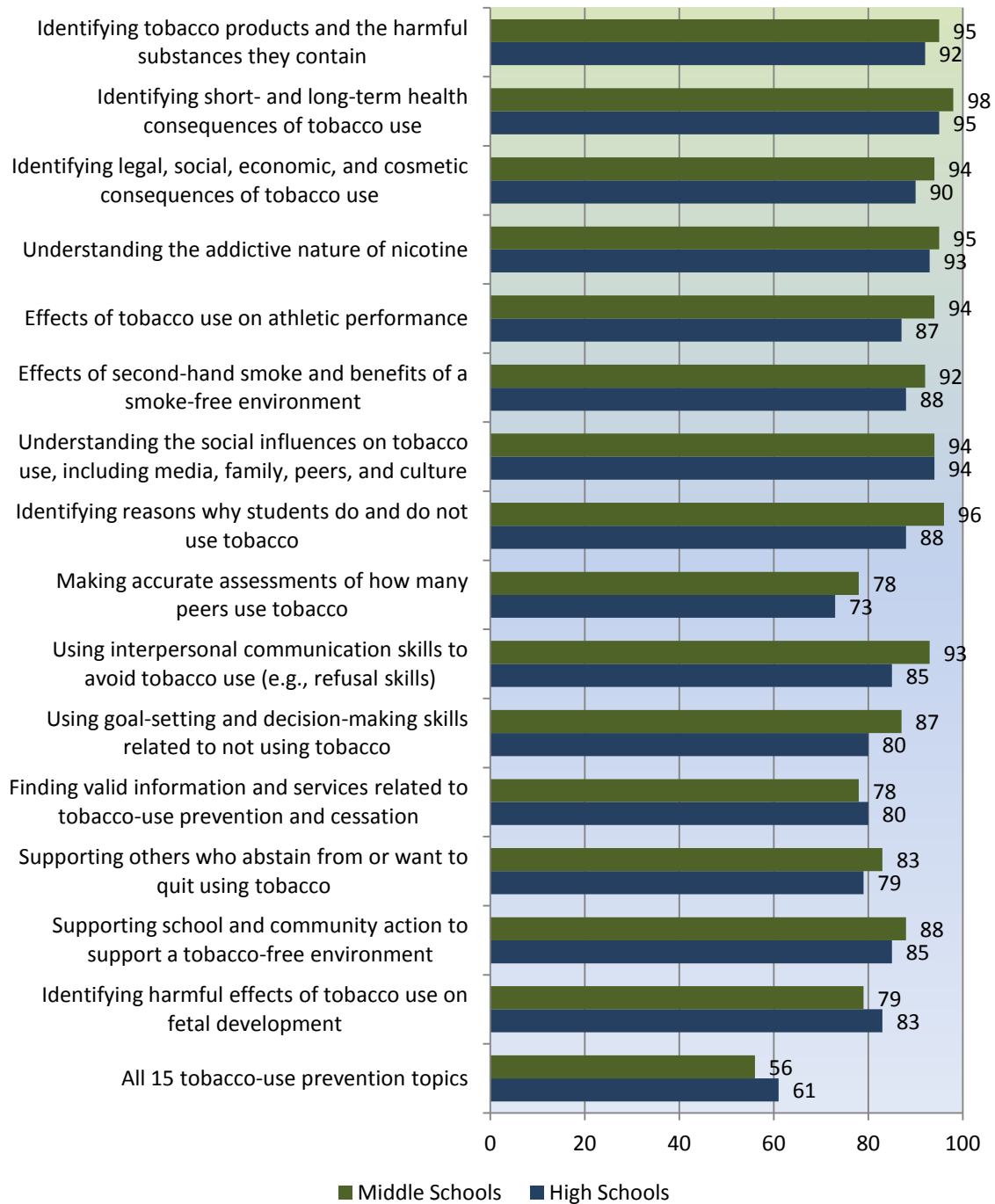
The percentage of schools in which teachers tried to increase student knowledge on each of the following topics in a required course in grades 6 through 12:



Teacher Survey Results

TOBACCO-USE PREVENTION EDUCATION

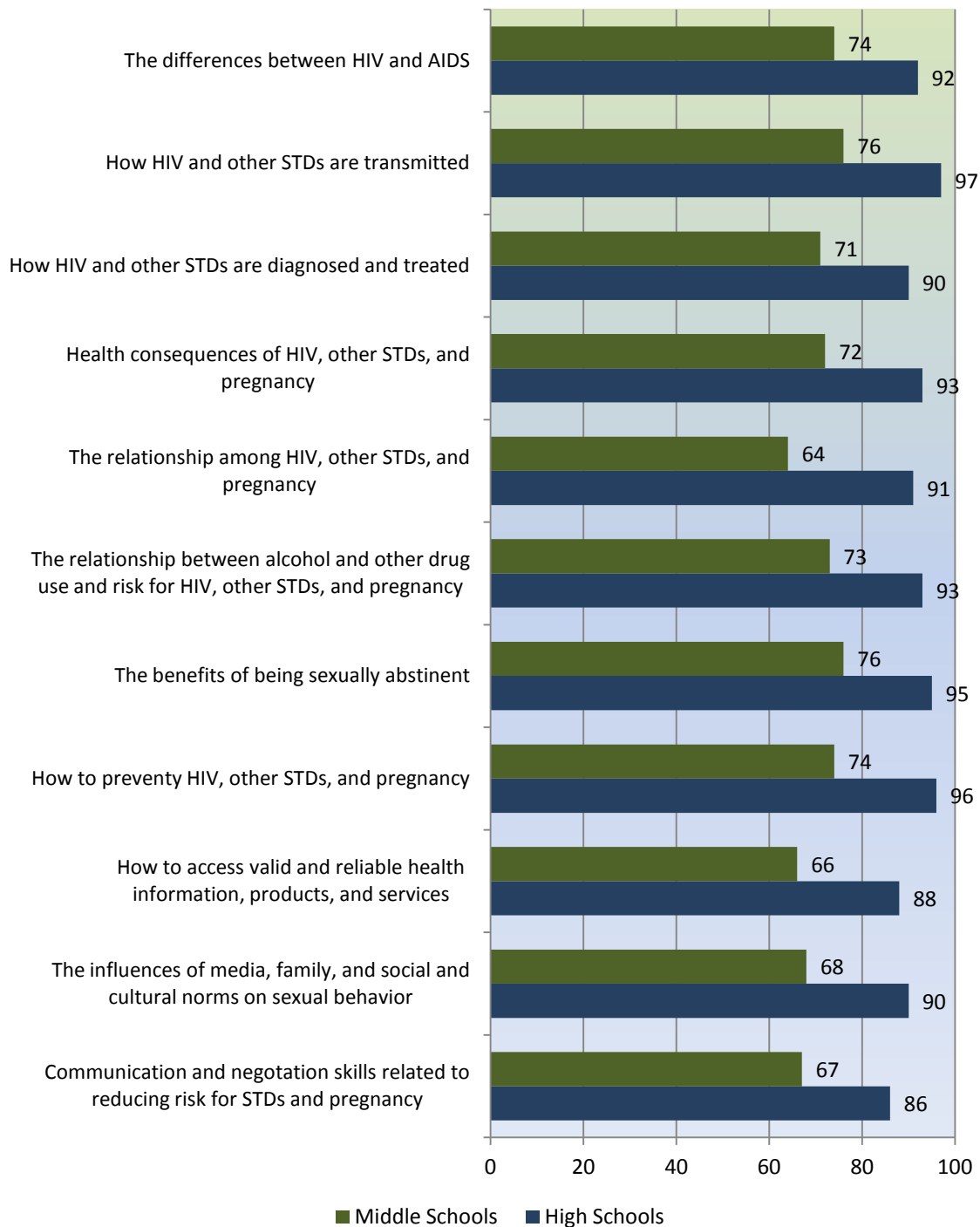
The percentage of schools in which teachers taught the following tobacco-use prevention topics in a required course in grades 6 through 12:



Teacher Survey Results

HIV/AIDS/STD PREVENTION EDUCATION

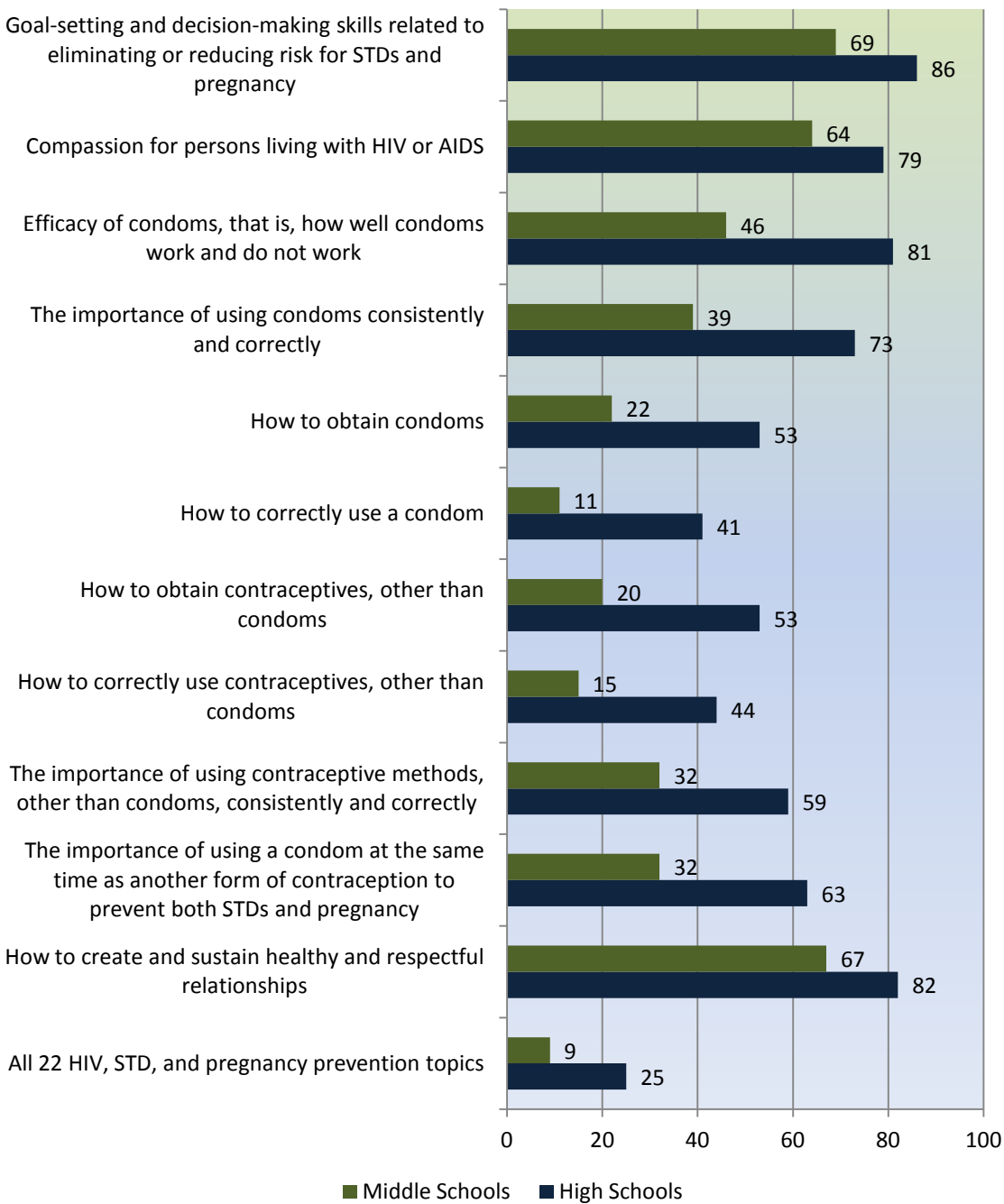
The percentage of schools in which teachers taught the following HIV, STD or pregnancy prevention topics in a required course in grades 6 through 12:



Teacher Survey Results

HIV/AIDS/STD PREVENTION EDUCATION

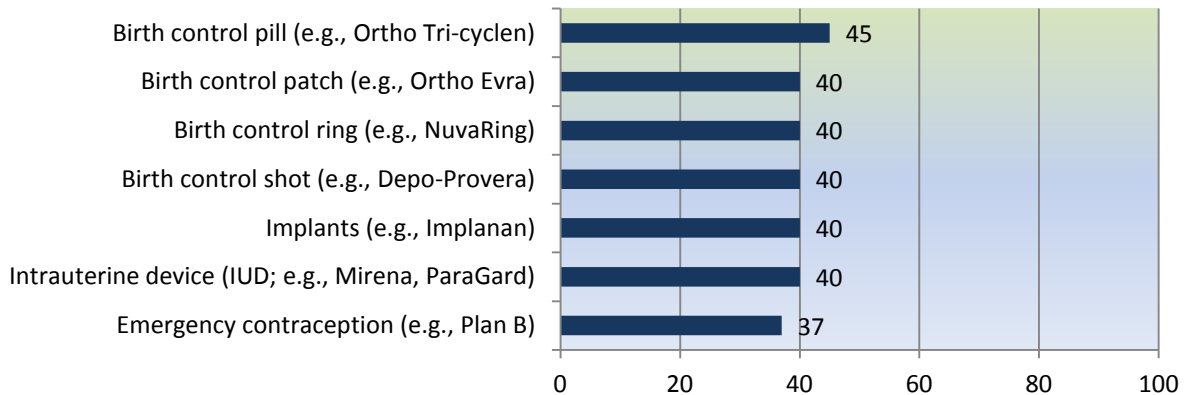
The percentage of schools in which teachers taught the following HIV, STD or pregnancy prevention topics in a required course in grades 6 through 12: *(continued)*



Teacher Survey Results

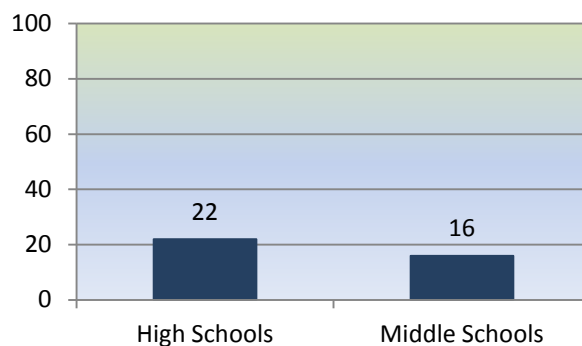
HIV/AIDS/STD PREVENTION EDUCATION

Percentage of schools in which teachers taught about each of the following contraceptives in a required course for students in any of grades 9 through 12:



Thirty-three percent of schools taught about all seven contraceptives in a required course for students in any of grades 9 through 12.

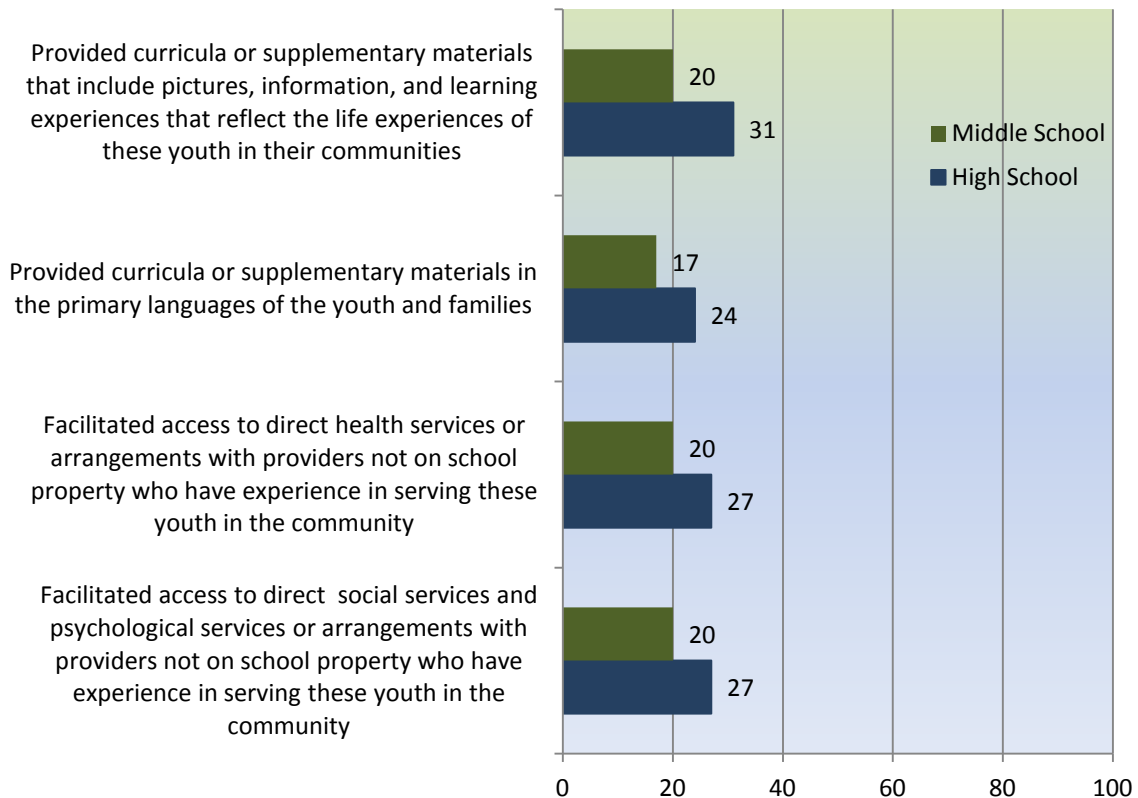
The percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth.



Teacher Survey Results

HIV/AIDS/STD PREVENTION EDUCATION

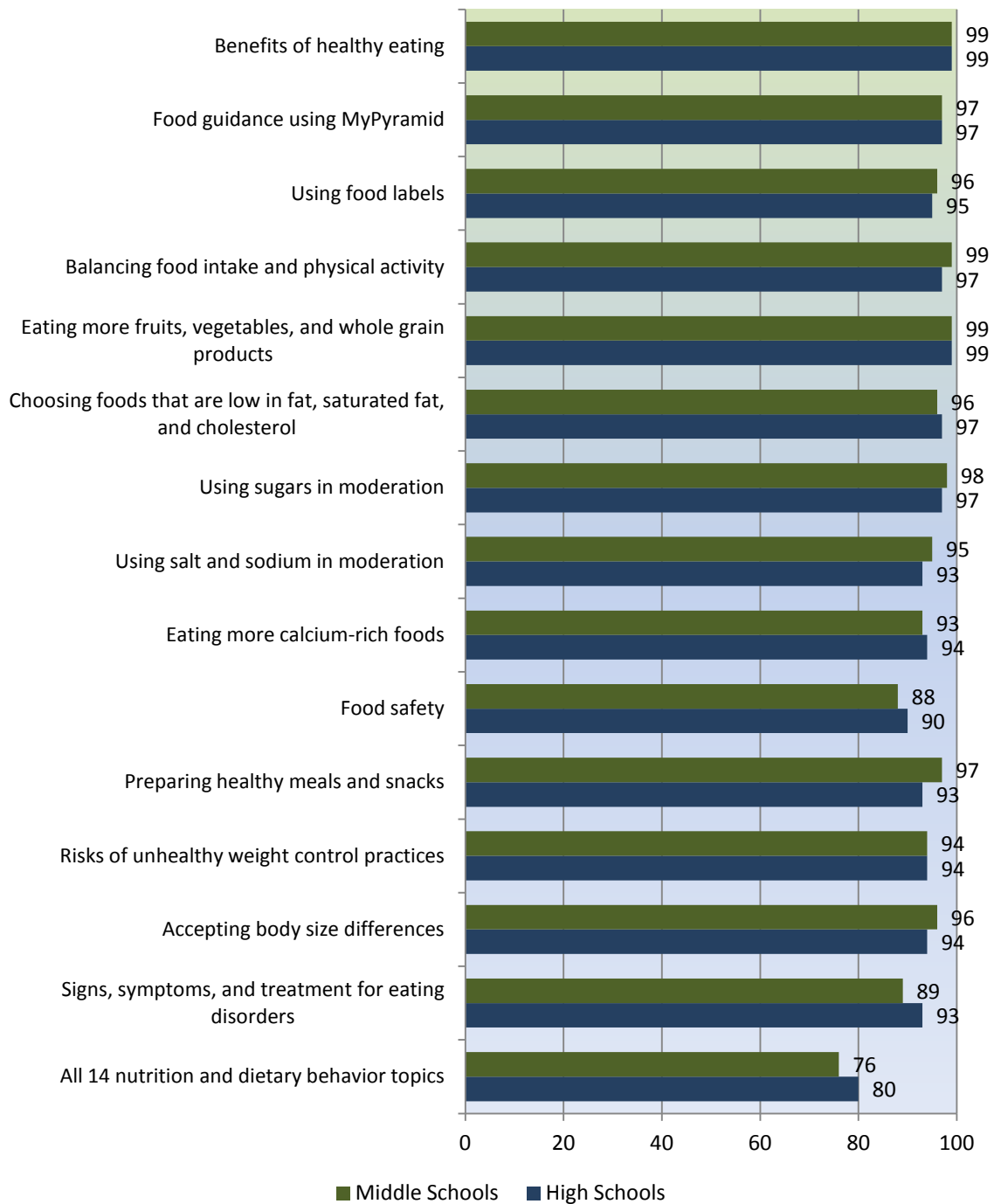
The percentage of schools that provided any HIV, STD, or pregnancy prevention programs for ethnic/racial minority youth at high risk, including after-school or supplemental programs, that did each of the following activities:



Teacher Survey Results

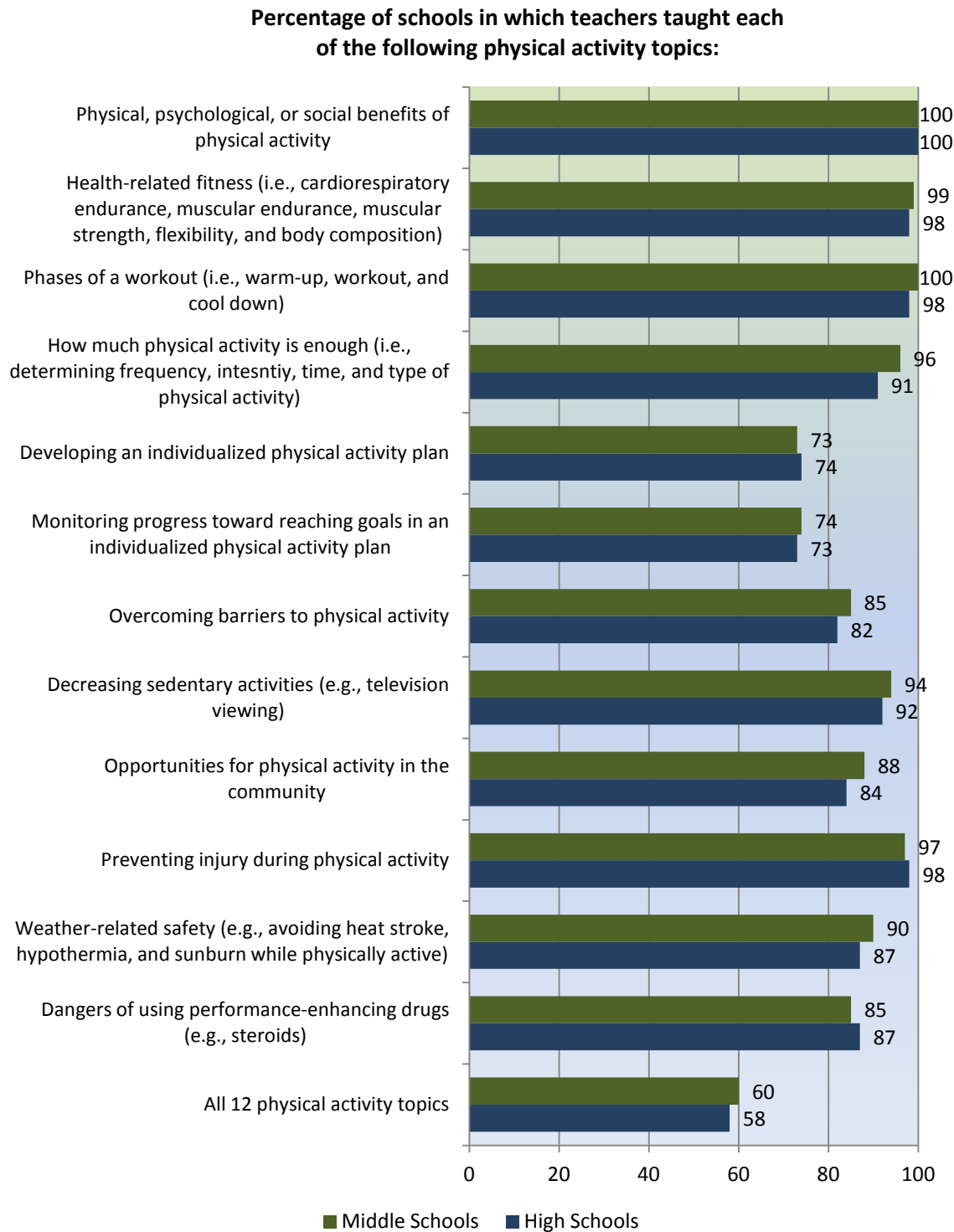
NUTRITION AND DIETARY BEHAVIORS

The percentage of schools in which teachers taught the following nutrition and dietary behavior topics in a required course in grades 6 through 12:



Teacher Survey Results

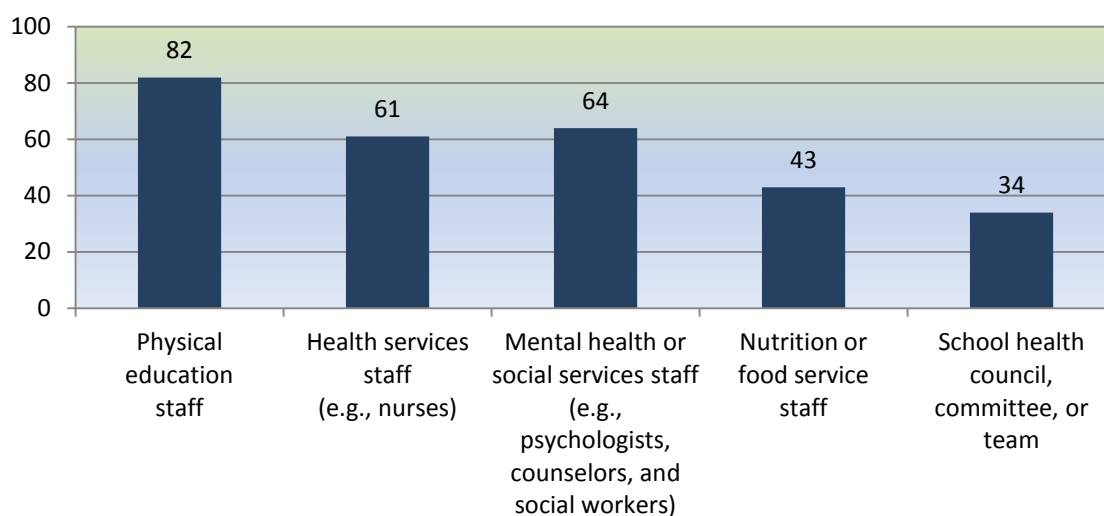
PHYSICAL ACTIVITY



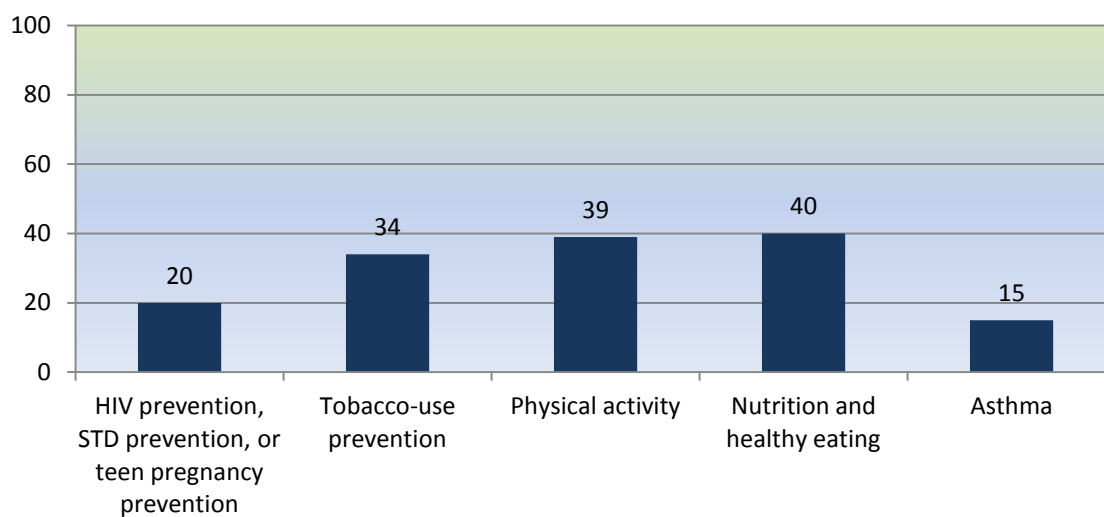
Teacher Survey Results

HEALTH EDUCATION

The percentage of schools in which health education staff worked with the following groups on health education activities during the current school year:



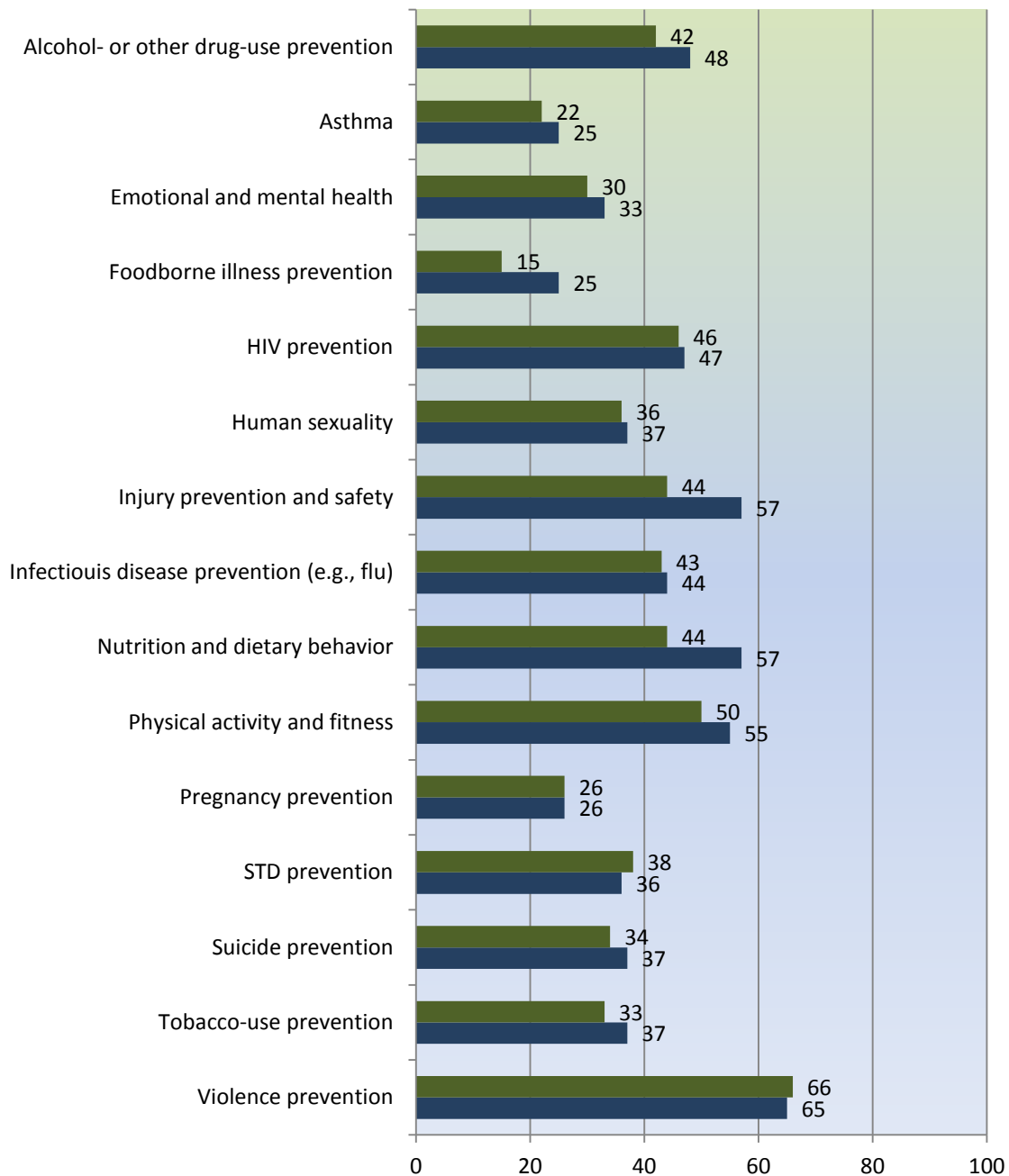
The percentage of schools that provided parents and families with health information designed to increase parent and family knowledge of the following topics during the current school year:



Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

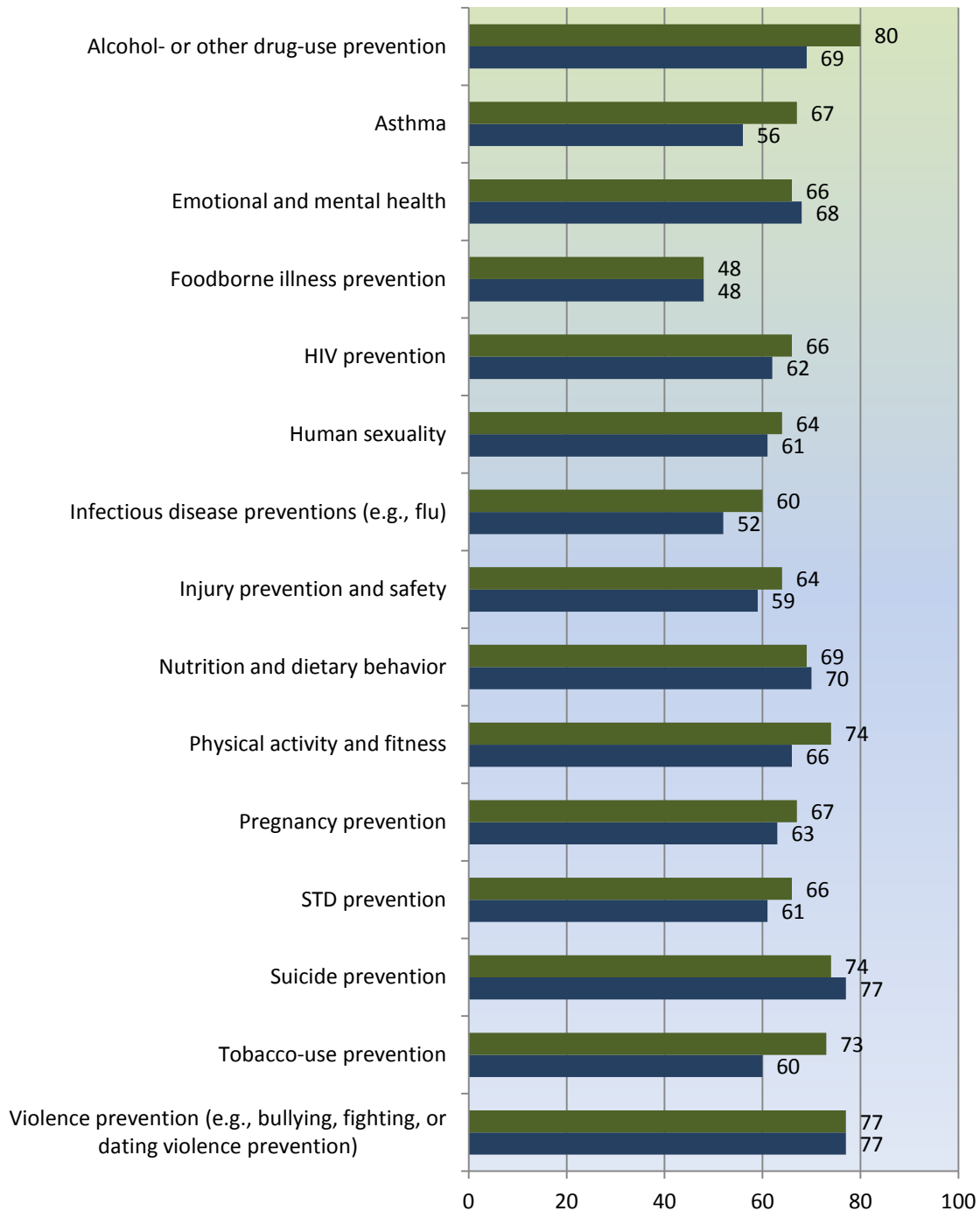
The percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years:



Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

The percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics:



Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

Percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years:

	High Schools	Middle Schools
Describing how widespread HIV and other STD infections are and the consequences of these infections	38	44
Understanding the modes of transmission and effective prevention strategies for HIV and other STDs	36	42
Identifying populations of youth who are at high risk of being infected with HIV and other STDs	33	39
Implementing health education strategies using prevention messages that are likely to be effective in reaching youth	39	39
Teaching HIV prevention education to students with physical, medical or cognitive disabilities	18	19
Teaching HIV prevention education to students of various cultural backgrounds	23	26
Using interactive teaching methods for HIV prevention education (e.g., role plays or cooperative group activities)	31	33
Teaching essential skills for health behavior change related to HIV prevention and guiding student practice of these skills	29	39
Teaching about health-promoting social norms and beliefs related to HIV prevention	30	35
Strategies for involving parents, families, and others in student learning of HIV prevention education	18	16
Assessing students' performance in HIV prevention education	26	30
Implementing standards-based HIV prevention education curricula and student assessment	24	30
Using technology to improve HIV prevention education instruction	26	26
Teaching HIV prevention education to students with limited English proficiency	13	11

Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

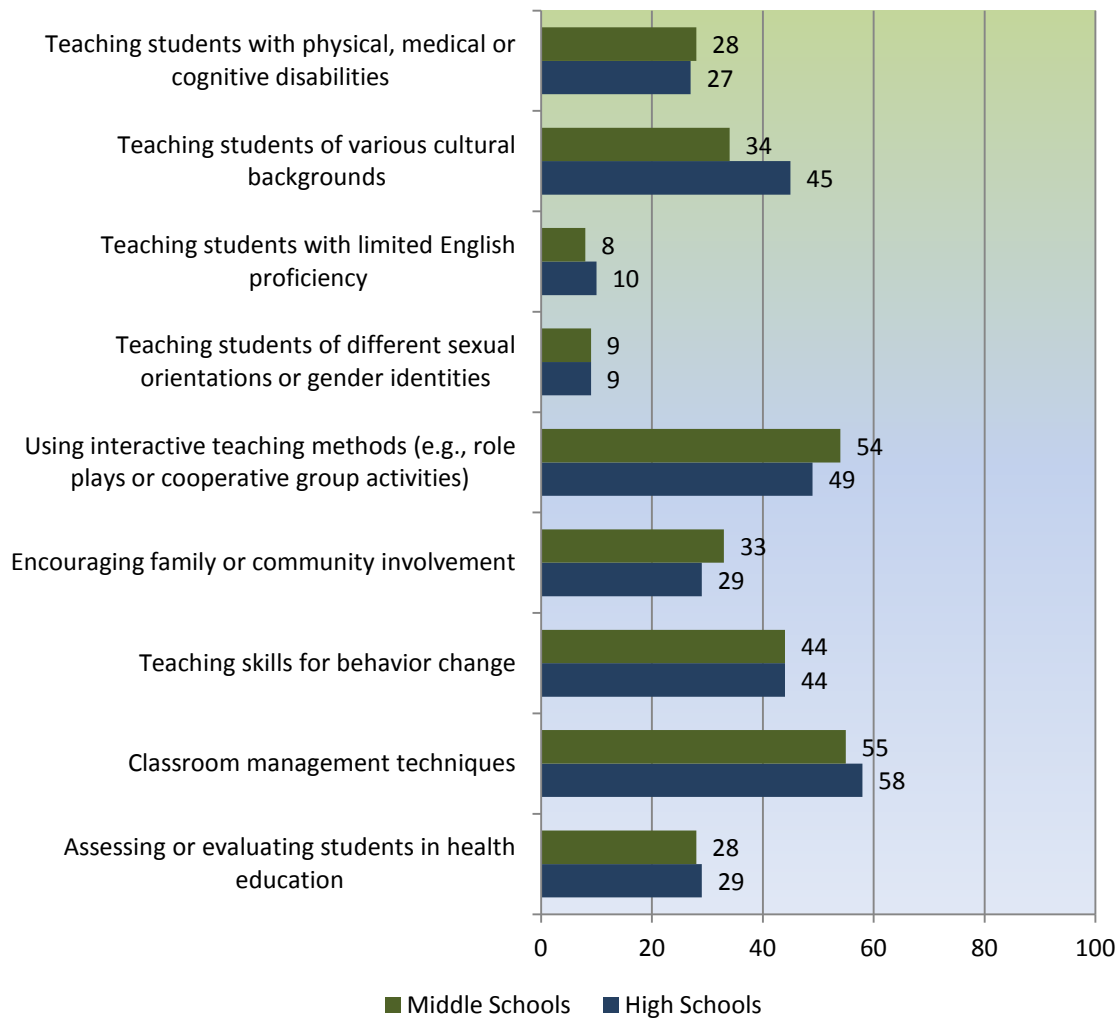
Percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years: *(continued)*

	High Schools	Middle Schools
Addressing community concerns and challenges related to HIV prevention education	16	18
Describing the prevalence and potential effects of teen pregnancy	26	36
Identifying populations of youth who are at high risk of becoming pregnant	25	30

Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

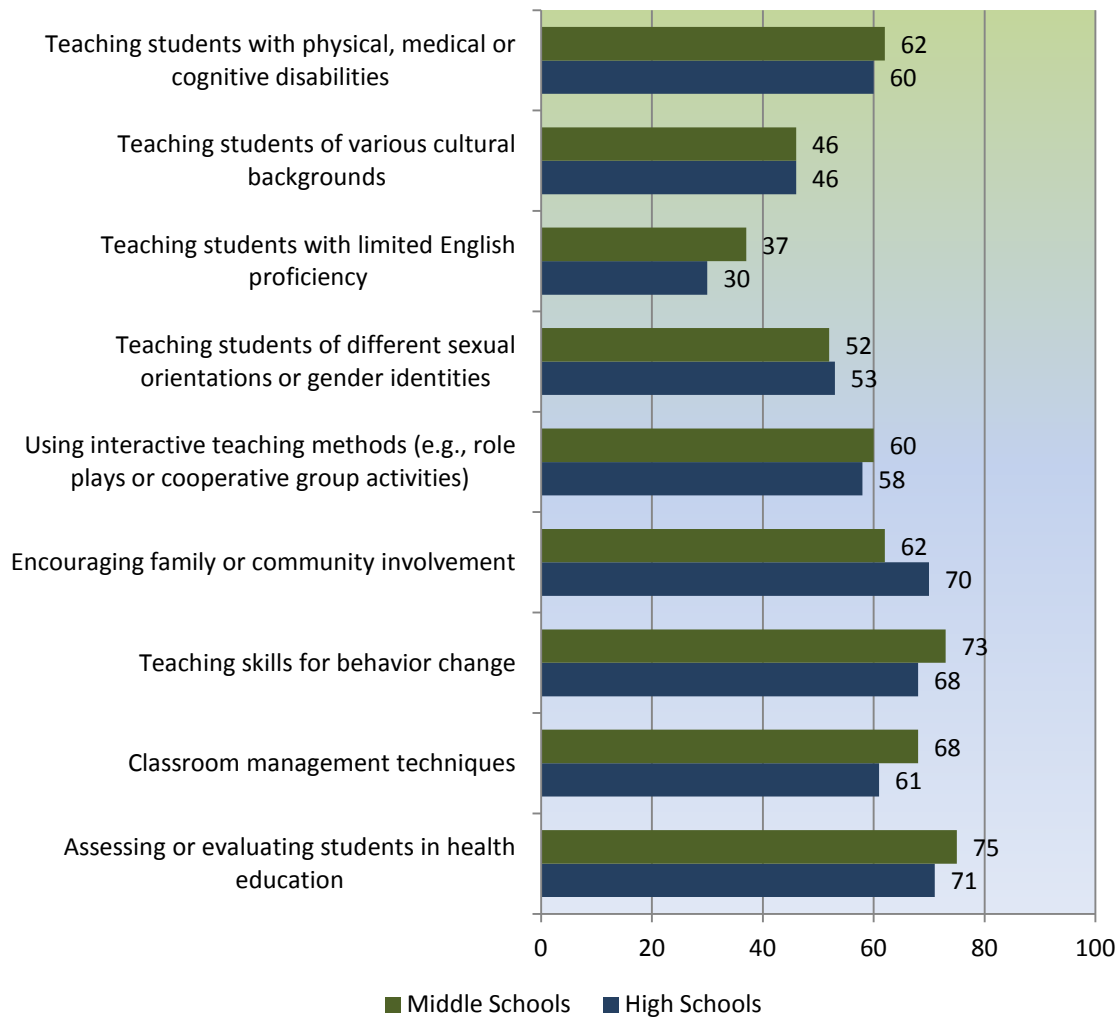
The percentage of schools in which the lead health education teacher received professional development on each of the following topics during the past two years:



Teacher Survey Results

HEALTH EDUCATION – PROFESSIONAL DEVELOPMENT

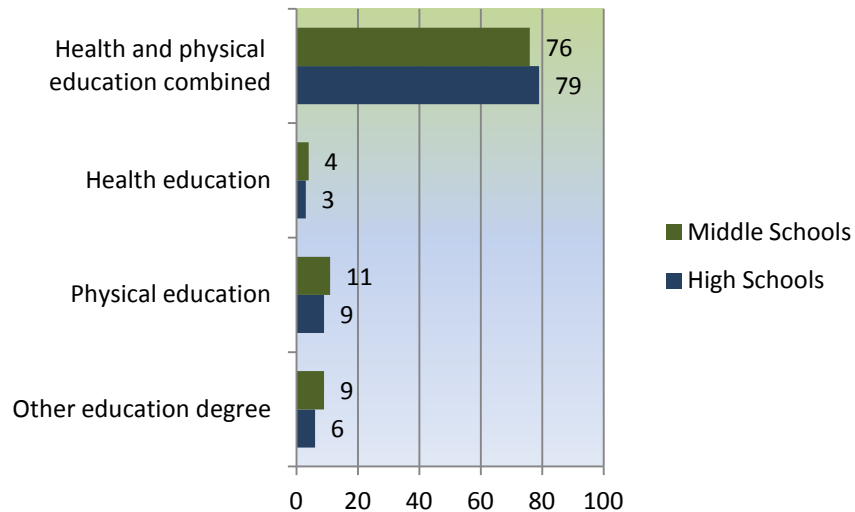
The percentage of schools in which the lead health education teacher would like to receive professional development on each of the following topics:



Teacher Survey Results

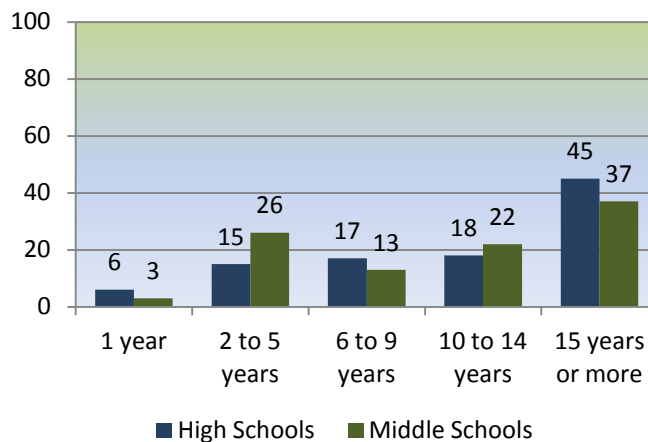
HEALTH EDUCATION – PROFESSIONAL PREPARATION

The percentage of schools in which the major emphasis of the health education teacher's professional preparation was one of the following:



The lead health education teacher is certified, licensed or endorsed by the state to teach health education in **97 percent** of Montana schools (97% - high schools, 96% - middle schools).

The percentage of schools in which the lead health education teacher had the following number of years' experience in teaching health education courses or topics:





2012 Montana School Health Profiles

www.opi.mt.gov/shp



Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov

Health Enhancement and Safety Division
PO Box 202501
Helena MT 59620-2501
(406) 444-3178